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ABSTRACT

This report presents 3-day nutrient intake data for about 36,100 individuals in 48 states. Data are provided in 157 tables, and results are summarized in the text. The contribution of 14 food groups to intakes of food energy and 14 nutrients are presented. Also included are the average intakes of food energy and nutrients, the nutrient densities of diets, comparisons of intakes to the 1980 Recommended Dietary Allowances and to nutrient intakes in 1965, the nutrient contributions of food consumed away from home and of meals and snacks, and the frequency and time of day of eating. Nutrient intake tables are provided for food from home and away from home for individuals in 22 sex-age groups by 4 income levels, 3 urbanizations, 2 racial groups, and 4 seasons. Intakes by infants, pregnant and lactating women, and vegetarians are discussed separately. Eating occasions are discussed by source of food, location and companionship. Also discussed are special diets; use of vitamin and mineral supplements; and self-reported height, weight, health status, and physical disability. Characteristics of the sample are included. (Author/JD)

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United States Department of Agriculture

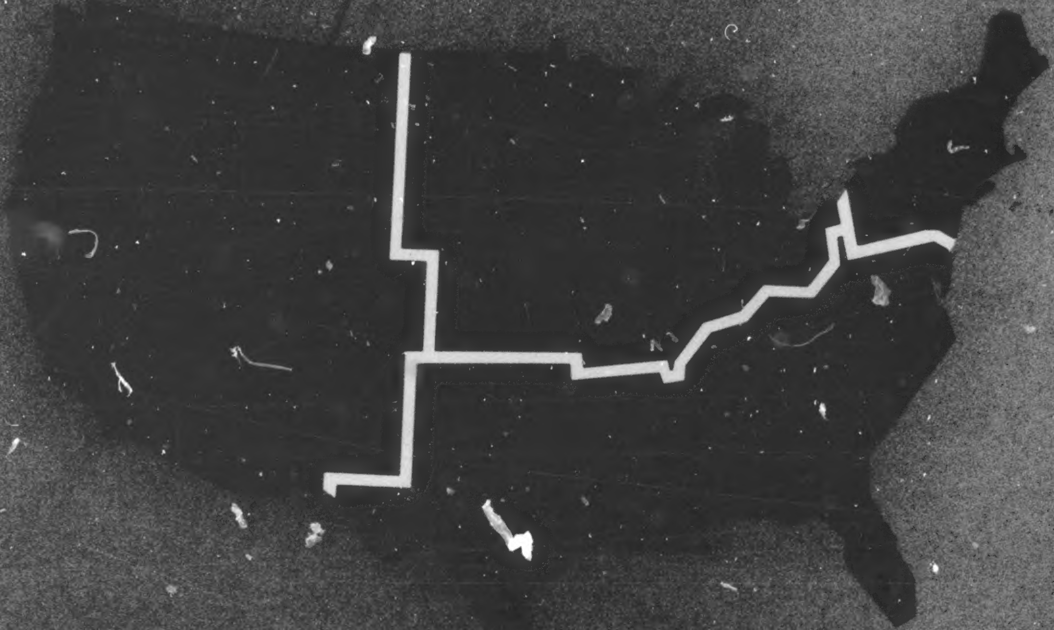
Human Nutrition Information Service

Consumer Nutrition Division

NFCS 1977-78
Report No. I-2

Nutrient Intakes: Individuals in 48 States, Year 1977-78

Nationwide Food Consumption Survey 1977-78
Report No. I-2



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The Nationwide Food Consumption Survey 1977-78 is the latest source of national information on food and nutrient intakes by individuals. Results will be used in coming years to address issues relating to the nutritional status of the U.S. population, nutrition education, food product development, food safety, consumer demand for food, and food patterns and practices.

Issued May 1984

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NUTRIENT INTAKES: INDIVIDUALS IN 48 STATES, YEAR 1977-78
Consumer Nutrition Division, Human Nutrition Information Service
U.S. Department of Agriculture
Hyattsville, Maryland 20782
Nationwide Food Consumption Survey 1977-78
Report No. I-2

ABSTRACT

This report presents 3-day nutrient intake data for about 36,100 individuals in the 48 conterminous States. The information was collected from April 1977 through March 1978 in the Nationwide Food Consumption Survey conducted by the U.S. Department of Agriculture. Data are provided in 157 tables, and results are summarized in the text. The contributions of 14 food groups to intakes of food energy and 14 nutrients are presented. Also included are the average intakes of food energy and nutrients, the nutrient densities of diets, comparisons of intakes to the 1980 Recommended Dietary Allowances and to nutrient intakes in 1965, the nutrient contributions of food eaten away from home and of meals and snacks, and the frequency and time of day of eating. Nutrient intake tables are provided for food from home and away from home for individuals in 22 sex-age groups by 4 income levels, 3 urbanizations, 2 racial groups, and 4 seasons. Intakes by infants, pregnant and lactating women, and vegetarians are discussed separately. Eating occasions are discussed by source of food, location, and companionship. Other factors related to nutrient intake are discussed including special diets; use of vitamin and mineral supplements; and self-reported height, weight, health status, and physical disability. Characteristics of the sample are included also.

KEYWORDS: Dietary survey, food away from home, frequency of eating, infants, lactating women, meals, nutrient density, nutrient intake, pregnant women, snacks, supplements, vegetarians.

ACKNOWLEDGMENTS

The Nationwide Food Consumption Survey 1977-78 was conducted by the Consumer Nutrition Division, Human Nutrition Information Service, U.S. Department of Agriculture, under the general direction of Robert L. Rizek, Division Director. The sample was designed and the data collected and processed under contract by National Analysts, Inc.; Lucy B. Wilson was the project director. Robert B. Reese, chief of the Division's Food Consumption Research Branch, had overall responsibility for planning and supervising the survey. Eleanor M. Pao supervised a team of nutritionists, Carolyn A. Chandler, Patricia M. Guenther, and Sharon J. Mickle, in developing plans for coding and tabulating the individual food intake data. Kathryn H. Fleming and Cecilia Wilkinson Enns joined the group in analyzing results and writing this report. Assistance was also provided by Christine E. Crandell, Suzanne K. Fox, Kerry B. Greer, Christine Grant, Gail Hutchinson Kirby, and Anita Singh. Brucy C. Gray, Jan L. Janiczek, and Mills B. Weinstein were responsible for the data processing, and technical assistance was provided by Nadine P. Ruyle and Jeffrey H. Straathof. Frank N. Hepburn and the Nutrient Data Research Group provided food composition values. Johna L. Pierce, Geraldine L. Bower, and Ellen W. Caswell provided editorial and production assistance. Mildred T. Pati and staff were responsible for word processing and production.

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		Page	Page	Page	Page	Page
	NUTRITIVE CONTRIBUTION BY 14 FOOD GROUPS PER INDIVIDUAL PER DAY					
	For all food, food obtained and eaten away from home, and food from home:					
1.01-1 to 1.01-3	Food energy	64	--	--	--	--
1.02-1 to 1.02-3	Protein	70	--	--	--	--
1.03-1 to 1.03-3	Fat	76	--	--	--	--
1.04-1 to 1.04-3	Carbohydrate	82	--	--	--	--
1.05-1 to 1.05-3	Calcium	88	--	--	--	--
1.06-1 to 1.06-3	Iron	94	--	--	--	--
1.07-1 to 1.07-3	Magnesium	100	--	--	--	--
1.08-1 to 1.08-3	Phosphorus	106	--	--	--	--
1.09-1 to 1.09-3	Vitamin A value	112	--	--	--	--
1.10-1 to 1.10-3	Thiamin	118	--	--	--	--
1.11-1 to 1.11-3	Riboflavin	124	--	--	--	--
1.12-1 to 1.12-3	Preformed niacin	130	--	--	--	--
1.13-1 to 1.13-3	Vitamin B_6	136	--	--	--	--
1.14-1 to 1.14-3	Vitamin B_{12}	142	--	--	--	--
1.15-1 to 1.15-3	Vitamin C	148	--	--	--	--
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2A-1 to 2P-3	Average intake per individual per day from all food, food obtained and eaten away from home, and food from home	154	160	190	208	226
3A to 3P	Percentage of 1980 Recommended Dietary Allowances per day	250	251	256	259	262

Table Number	Table Heading	All Page	By income Page	By urbanization Page	By race Page	By season Page
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4-1 to 4-3	Average intake per individual per day for all food, food obtained and eaten away from home, and food from home	256	--	--	--	--
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	Percentage of nutrient intake per individual per day:					
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6.2	Lunch	306	--	--	--	--
6.3	Dinner	308	--	--	--	--
6.4	Supper	310	--	--	--	--
6.5	Snacks	312	--	--	--	--
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Table Number	Table Heading	All Page	By income Page	By urbanization Page	By race Page	By season Page
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Nutrient Intakes: Individuals in 48 States, Year 1977-78

by the Consumer Nutrition Division
Human Nutrition Information Service

SUMMARY

For food energy and 14 nutrients, average intakes per individual per day were computed from 3-day food intake reports collected during 1 year from April 1977 through March 1978. Including breast-fed infants, 36,255 individuals from a sample representative of households in the United States (48 conterminous States) were included in this Nationwide Food Consumption Survey (NFCS) conducted by the U.S. Department of Agriculture. In this report, data are reported for all individuals and for individuals classified into 22 sex-age categories. Data are tabulated for (1) all food eaten, (2) food obtained and eaten away from home, and (3) food from the home food supply. Also provided are data on average nutrient contributions from major food groups, on nutrient content of meals and snacks, on some factors affecting diets, and on several physical status measures. Several sets of data are classified by income, urbanization, race, and season. A comparison is made between intakes in the spring 1977 NFCS and a similar survey that was conducted in spring 1965. Main findings are summarized below.

- Food energy

  --The average proportion of energy from protein was 16.5 percent; from fat, 40.5 percent; and from carbohydrate, 42.6 percent. The total does not add to 100 percent because alcohol was not included and because general rather than exact factors were used to calculate energy content of diets. (The general factors were 4 kcal per gram of protein and carbohydrate and 9 kcal per gram of fat.)

  --Average intake of food energy as a percentage of the 1980 Recommended Dietary Allowances (RDA) (39) was 84 percent. The midpoint of the range of energy RDA for each sex-age group was used as the RDA, although some individuals require less and some require more.

  --Infants and children 1 and 2 years of age had energy intakes that exceeded their RDA for food energy, while women 19 to 50 years and 65 to 74 years had intakes less than 80 percent of their RDA. Of all individuals, 25 percent had intakes exceeding their RDA for energy, 44 percent had intakes 70 to 99 percent of RDA, 23 percent had intakes 50 to 69 percent of RDA, and 8 percent had intakes below 50 percent of RDA.

- Nutrient intakes as a percentage of 1980 RDA

  --Average intakes by all individuals exceeded RDA for 9 of 12 nutrients studied; exceptions were calcium (average intake was 87 percent of RDA), magnesium (84 percent of RDA), and vitamin B_6 (75 percent of RDA). RDA are set to meet the needs of practically all healthy individuals and exceed the needs of a considerable proportion of the population. Therefore, nutrient intakes below RDA cannot be interpreted to mean individuals were malnourished.

--Average intakes by 22 sex-age groups:

- Protein, riboflavin, preformed niacin, vitamin B_{12}, and vitamin C intakes exceeded RDA for all sex-age groups.

- Phosphorus, vitamin A, and thiamin intakes exceeded RDA except for one or two groups of females whose intakes were over 90 percent of RDA.

- Calcium intakes by children 1 to 8 and males over 8 years were 89 percent or more of RDA, and for six groups exceeded their RDA. Intakes by females 12 years and over were lowest compared to RDA--63 to 76 percent.

- Iron intakes were well below RDA for 1- to 2-year-olds (55 percent) and females 12 to 50 years (59 to 65 percent), but intakes by children 6 to 8 years, males 9 to 11 years and over 18 years, and females over 50 years met RDA, while the remaining groups had intakes at least 80 percent of RDA.

- Magnesium and vitamin B_6 intakes were below RDA for all groups except children under 6 and children under 3 years, respectively. Intakes relative to RDA were much lower for females than for males.

--Distribution of individuals with nutrient intakes at specified levels of RDA:

- For over one-half of the nutrients studied, intakes by the majority of individuals met or exceeded RDA--protein (88 percent of individuals), phosphorus (73 percent), thiamin (55 percent), riboflavin (66 percent), vitamin B_{12} (67 percent), vitamin C (59 percent), and preformed niacin (67 percent). RDA for niacin are based on preformed niacin and niacin converted from dietary tryptophan; the latter is not included in this report. Thus, the percentage of individuals having intakes that met the RDA for niacin was actually higher than 67 percent.

  For six nutrients studied, intakes by at least one-fourth of the individuals were below 70 percent of RDA--vitamin B_6 (51 percent of individuals), calcium (42 percent), magnesium (38 percent), iron (33 percent), vitamin A (31 percent), and vitamin C (26 percent). For the same nutrients, intakes by at least one-eighth of the individuals were below 50 percent of RDA--vitamin B_6 (23 percent), calcium (21 percent), magnesium (13 percent), iron (14 percent), vitamin A (17 percent), and vitamin C (15 percent).

--Average intakes by income level, urbanization, race, and season:

- At the lowest income level (under $6,000) compared to the highest ($16,000 and over), intakes as percentages of RDA for individuals as a group were lower for food energy and 9 of the 12 nutrients studied; exceptions were vitamin A value, thiamin, and vitamin B_{12}.

- Among urbanizations, differences in nutrient levels were small. Average intakes as percentages of RDA were the same or nearly the same in all three urbanizations for food energy, iron, and thiamin; highest in central cities for four nutrients--protein, vitamin A, preformed niacin, and vitamin B_{12}; highest in suburban areas for four nutrients--calcium, magnesium, phosphorus, and riboflavin; and about equally high in central cities and suburban areas for two nutrients--vitamin C and vitamin B_6.

- Whites had average intakes as percentages of RDA that were 8 to 18 percentage points higher than percentages for blacks for five nutrients--calcium, iron, magnesium, phosphorus, and riboflavin--and 24 and 11 percentage points lower for two nutrients--vitamin A and vitamin B_{12}, respectively. Percentage values were closer (4 percentage points or less difference) for whites and blacks for food energy and the other five nutrients studied--protein, thiamin, preformed niacin, vitamin B_6, and vitamin C.

- By season, intakes as percentages of RDA varied little. Intakes of vitamin A, vitamin B_{12}, and vitamin C showed the greatest differences--10 percentage points or more between two of the seasons. Average percentages for vitamin A were highest in summer and fall and lowest in spring and winter; for vitamin B_{12}, highest in fall and lowest in winter; and for vitamin C, highest in spring and summer and lowest in fall.

- Eating away from home:

  --Sixty-two percent of all respondents obtained and ate some food or beverage away from home at least once during the 3 days reported. Of individuals in households with the lowest incomes, 43 percent obtained and ate food away from home, while 72 percent of individuals in households at the highest income level did.

  --For all individuals combined, food obtained and eaten away from home contributed an average of 17 percent of intakes of energy and each of the energy-providing nutrients, 16 to 17 percent of mineral intakes, and 14 to 16 percent of vitamin intakes.

- Major food sources of nutrients:

  --Of the 14 major food groups in this report, the meat group (meat, poultry, fish, and mixtures with meat, poultry, or fish) contributed the largest proportion of over half of the nutrients studied--food energy (28 percent of the total dietary energy), protein (49 percent), fat (42 percent), iron (35 percent), phosphorus (29 percent, same as milk and milk products), preformed niacin (44 percent), vitamin B_6 (40 percent), and vitamin B_{12} (51 percent)--and the second largest proportion of thiamin (24 percent).

  --Grain products were the largest source of carbohydrate (41 percent), magnesium (22 percent, same as fruits and vegetables combined), and thiamin (42 percent) and the second most important source of food energy (26 percent), protein (18 percent, same as milk and milk products), calcium (22 percent), iron (33 percent), riboflavin (28 percent), and preformed niacin (30 percent).

--Milk and milk products were the largest source of calcium (50 percent), phosphorus (29 percent, same as the meat group), and riboflavin (30 percent) and the second most important source of protein (18 percent, same as grain products), fat (17 percent), vitamin A value (16 percent), and vitamin B_{12} (30 percent).

--Fruits and vegetables together were the largest source of vitamin A value (46 percent), vitamin C (73 percent), and magnesium (22 percent, same as grain products), and the second largest source of carbohydrate (23 percent) and vitamin B_6 (23 percent).

- Nutritive value of meals and snacks:

--Breakfast provided about one-fifth (21 percent) of the day's food energy for the 94 percent of individuals who reported at least one breakfast during the survey period. Breakfast provided slightly less than one-fifth of the day's protein and fat (18 percent) and more of the carbohydrate (25 percent), minerals (23 to 29 percent), and vitamins (22 to 30 percent). Children and older adults tended to obtain a higher proportion of their energy and nutrients from breakfast than young and middle-aged adults did.

--Lunch, for the 91 percent of individuals who reported at least one lunch, generally provided about one-third of the day's energy and most nutrients studied.

--Dinner, for the 58 percent of individuals who reported at least one dinner, provided an average of 45 percent of the day's food energy and about one-half of the protein (51 percent) and fat (49 percent) but less of the carbohydrate (38 percent). Two-fifths to one-half of the minerals (except calcium) and vitamins studied came from dinner for dinner-eaters.

--Supper-eaters (69 percent of individuals) derived slightly lower proportions of energy and nutrients from supper than did dinner-eaters from dinner.

--Snackers (77 percent of individuals) obtained an average of 18 percent of the day's energy from snacks and a higher proportion of carbohydrate (23 percent) than protein (11 percent) or fat (15 percent) from snacks. Snackers obtained 12 to 20 percent of their intakes of minerals and vitamins from snacks.

- Use of vitamin and mineral supplements:

--Of all individuals, 35 percent reported using vitamin and/or mineral supplements. Proportionately more infants, children 1 to 5 years of age, and women 75 years and over used these supplements compared to other sex-age groups. The fewest users were among teenagers (12 to 18 years).

- Comparison of nutrient intakes in spring of 1977 and 1965:

--Average intake of food energy for all individuals combined was 9 percent lower in 1977 than in 1965 (1,865 kcal and 2,060 kcal, respectively).

—Among sex-age groups, food energy intakes of men over 64 years and women over 50 years showed the smallest percentage drop.

—Of the 10 nutrients studied in both periods, average intakes by all individuals were higher in 1977 than in 1965 for 4—iron, thiamin, preformed niacin, and vitamin C—and lower for 6—protein, fat, carbohydrate, calcium, vitamin A value, and riboflavin.

—As a percentage of 1980 RDA, calcium was the only nutrient of those studied (other than food energy) for which average intake by all individuals combined did not meet RDA in either period; it was less in 1977 than in 1965 (85 and 94 percent of RDA, respectively.)

INTRODUCTION

This report contains data on the energy and nutrient intakes of individuals in the 48 conterminous States. Information on food intakes was collected in the Nationwide Food Consumption Survey conducted by the U.S. Department of Agriculture during 1 year from April 1977 through March 1978. The data presented in tables 1 to 9 were derived from 3-day dietary reports for about 36,100 individuals from a sample of households representative of those in the 48 States.

Appendixes provide additional information: A glossary (appendix A), a description of food items included in the 14 major food groups in tables 1.01 to 1.15 (appendix B), a sample analysis (appendix C), the 1980 RDA adapted for use with the NFCS 1977-78 (appendix D), tables with distributions of nutrient intakes expressed as percentages of 1980 RDA (appendix E), tables with nutrient intakes by pregnant and lactating women and vegetarians (appendix F), tables with time of eating, sources of food, and companionship at eating occasions (appendix G), factors influencing dietary intakes (appendix H), physical characteristics of individuals (appendix I), a comparison of nutrient intakes in the spring 1977 and 1965 surveys (appendix J), a comparison of nutrient intakes in spring 1977 using 1965 and 1977 methods (appendix K), a list of data tapes with NFCS 1977-78 information available for users desiring access to original data (appendix L), and a reproduction of the dietary intake data collection form used in the NFCS 1977-78 (appendix M).

The major objective of the survey was to provide basic data on food consumption patterns and on the nutritional quality of dietary intakes by the U.S. population. Data in this report will be used for many purposes, including administering public programs affecting the food supply and its safety and distribution; planning food assistance and educational programs to improve dietary practices; developing and marketing of foods; and providing baseline data for reference in research and other types of projects (1, 49, 50).

In scope, the NFCS 1977-78 was the most comprehensive of the six nationwide surveys of food consumption by households conducted by USDA. The earlier surveys were conducted in 1936-37, 1942, 1948 (urban only), 1955, and 1965-66 (7-9). In the first 5 surveys, information was collected only from housekeeping households, that is, households with at least 1 member having a minimum of 10 meals from home food supplies during the week surveyed. The NFCS 1977-78 included households regardless of the number of meals from home food supplies. Information on dietary intakes at home and away from home of specified household members was obtained in addition to information on household food use in the last two surveys—for 1 day in the spring quarter of the 1965-66 survey and for 3 days in all four quarters of the NFCS 1977-78.

The NFCS 1977-78 was augmented by six supplemental surveys, each including information on food intakes by individuals and on household food consumption. Three of the supplemental surveys were conducted in the 48 conterminous States. One of those three surveys involved households with at least one member 65 years or older. The other two involved households participating in the Food Stamp Program and households eligible for the program but not participating in it; the second survey was a follow-up 2 years after the first to determine effects of changes in the Food Stamp Program on the diets of participants as compared to those of eligible nonparticipants. The other three supplemental surveys were conducted in Puerto Rico, Hawaii, and Alaska. More information about these surveys is given in appendix C.

In addition, a bridging survey was carried out using 1965 data collection procedures to determine the effects, if any, of changes in data collection procedures between 1965 and 1977-78 (appendix K). In the bridging survey, information was obtained on about 3,700 individuals and 1,300 households from April to June 1977.

Preliminary reports on household food consumption and dietary levels in the NFCS 1977-78 and the 1979-80 followup (6, 11, 12, 15-18) and final reports on household food consumption (22-31) have been published as have six preliminary reports on 1-day recalls of individual dietary intakes (10, 13, 14, 19-21). Although they are called "preliminary" reports, the data are final, and no further reports of the 1-day data from these surveys are planned. The subject of the first final report in the series on dietary intake of individuals in the NFCS 1977-78 (32) was food intake by individuals in the 48 conterminous States. This publication, the second in the series, reports nutrient intakes by individuals in the 48 conterminous States. Data on food and nutrient intakes by individuals in the 4 regions of the 48 conterminous States will be the subject of the third final report. A report on amounts of foods commonly eaten by individuals (46) and several papers on selected topics (33-37, 42-45, 47, 48, 51) have also been published.

METHODOLOGY

For the NFCS 1977-78, a private firm, National Analysts, Inc., of Philadelphia, Pennsylvania (a division of Booz, Allen and Hamilton, Inc.) designed the sample, collected the information, and edited, coded, keyed, and transferred the data to tape under contract with USDA. USDA defined the information to be collected; provided technical information such as food codes (5), gram weights of household measures, and the nutrient composition of foods (55); and monitored all aspects of the contract.

Sample

A stratified area probability sample of households was drawn in the 48 conterminous States in each of the 4 quarters from April 1977 through March 1978. The sample was designed to be representative of households in the 48 conterminous States, 4 regions, and 3 urbanizations. Data collection took place in 114 primary sampling units, mostly cities and counties. Four seasonal samples were used, and households were scheduled for interviews in a manner designed to provide representativeness over time by quarter, month, week, and day of the week.

From the households participating in the survey, 40,209 individuals (30,770 unweighted) completed at least 1 day's food intake form, and 36,255 individuals (28,030 unweighted) completed forms for 3 days. (See appendix C for an explanation of weighting.) In spring 1977, all individuals in all of the households were asked to give food intake information. In the other three seasons, all individuals under the age of 19 years and one-half of those 19 years and over were systematically selected to participate. In those seasons, proportional representation among sex-age categories was maintained by treating each record for an individual 19 years and over as two records. One-person households were the exception to this procedure. All individuals living alone were asked to participate regardless of age. Therefore, there was no need to double their records. In order to adjust for households that were selected for the sample but did not respond, a household weighting factor was applied to each individual. A detailed description of the sampling procedures is presented in appendix C.

Data Collection and Processing

Each household in the sample received a letter explaining the purpose of the survey and the importance of participation. A short time later, a trained interviewer made an appointment at least 1 week in advance with the household member most responsible for food planning and preparation--usually the homemaker. Household food consumption information was obtained using a food list to aid the household respondent in recalling the kind, form, quantity, and cost (if purchased) of foods used at home during the previous 7 days. The household respondent also supplied information on characteristics of the household that might be related to food consumption: Home food production; the previous year's household income before taxes; participation in food programs; education, occupation, and employment status of the male and female heads of household; household size; and each household member's sex, age, and relationship to the head of the household.

After the household respondent finished giving information about the household, the interviewer recorded on separate forms the preceding day's food intake as recalled by each eligible household member present. Then the interviewer instructed each individual in keeping a written record of his or her intake for the day of the interview and for the next day, thus providing 3 consecutive days of dietary information.

As a part of the instruction, the interviewer assisted participants in recording foods eaten earlier in the day of the interview. The household respondent usually answered for children under 12 years of age and others unable to answer for themselves. If a household member was absent at the time of the interview but was expected to return within the next 2 days, the interviewer left forms for the absent member to complete. The interviewer returned to the home to pick up and review the diet records. For each completed 2-day food intake record returned, the household received $1--up to a limit of $10 per household. The food intake questionnaire used in the survey is reproduced in appendix M.

Interviewing took place on all days of the week. The fewest dietary forms (recalls and records) were collected for Saturdays, as shown below.

Day of the week	Acceptable dietary forms collected
	Percent
Sunday	10.6
Monday	13.9
Tuesday	19.0
Wednesday	18.5
Thursday	16.1
Friday	13.2
Saturday	8.7

The data tapes provided by National Analysts were further processed by the Consumer Nutrition Division to generate the main tables (tables 1 to 9) in this report. These tables were produced using the U.S. Bureau of Labor Statistics' Table Producing Language (54) and Print Control Language (53). Most of the tables in the text and appendixes were generated using the Statistical Package for the Social Sciences (40).

The nutritive values of food intakes were calculated using a nutrient data base constructed from Agriculture Handbook No. 8 (56) and the three revised sections for dairy and egg products (3), baby foods (2), and poultry products (4); Home Economics Research Report No. 36 (41); manufacturers' data; and estimates based on ingredients or similar foods. Values were updated to account for changes such as the 1975 enrichment standards for bread and flour. Values for magnesium, vitamin B_6, and vitamin B_{12} were less established than for other nutrients but were considered to be the best available at the time.

RESULTS

Nutrient information based on 3-day food intakes for about 36,100 individuals is presented in this report. Data on the food intakes of these individuals have been reported (32). Percentages of food energy and 14 nutrients contributed by 14 major food groups (tables 1.01 to 1.15-3) are discussed first. Presented next are average intakes of food energy and 14 nutrients (tables 2A-1 to 2P-3); a comparison of energy and nutrient intakes with 1980 RDA (tables 3A to 3P); percentages of food energy from protein, fat, and carbohydrate (tables in text); and nutrient densities of intakes (tables 4-1 to 4-3). Then the nutritive value of food obtained and eaten away from home is described (tables 5A to 5P). Also presented are the nutritive value of meals and snacks (tables 6.1 to 6.6) and the frequencies of all eating occasions in a day and of each specified eating occasion in a day (tables 7A to 7P and 8).

In tables 1 to 9, average values are shown for all individuals and for 22 sex-age groups. Nutrient intakes of infants under 1 year old are included in the tables along with those of other sex-age groups; however, because infant intakes are unique, they are discussed in a separate section. Special summaries are provided for nutrient intakes by pregnant and lactating women and vegetarians, who are also included with their sex-age groups in the tables described above.

Nutritive Contributions by Major Food Groups

For all individuals and for each sex-age group, the percentages of total food energy and of 14 nutrients provided by each of the 14 major food groups were computed for all food eaten, for food obtained and eaten away from home, and for food from the home food supply (tables 1.01-1 to 1.15-3). See appendix B for descriptions of the items included in the food groups.

Food Energy

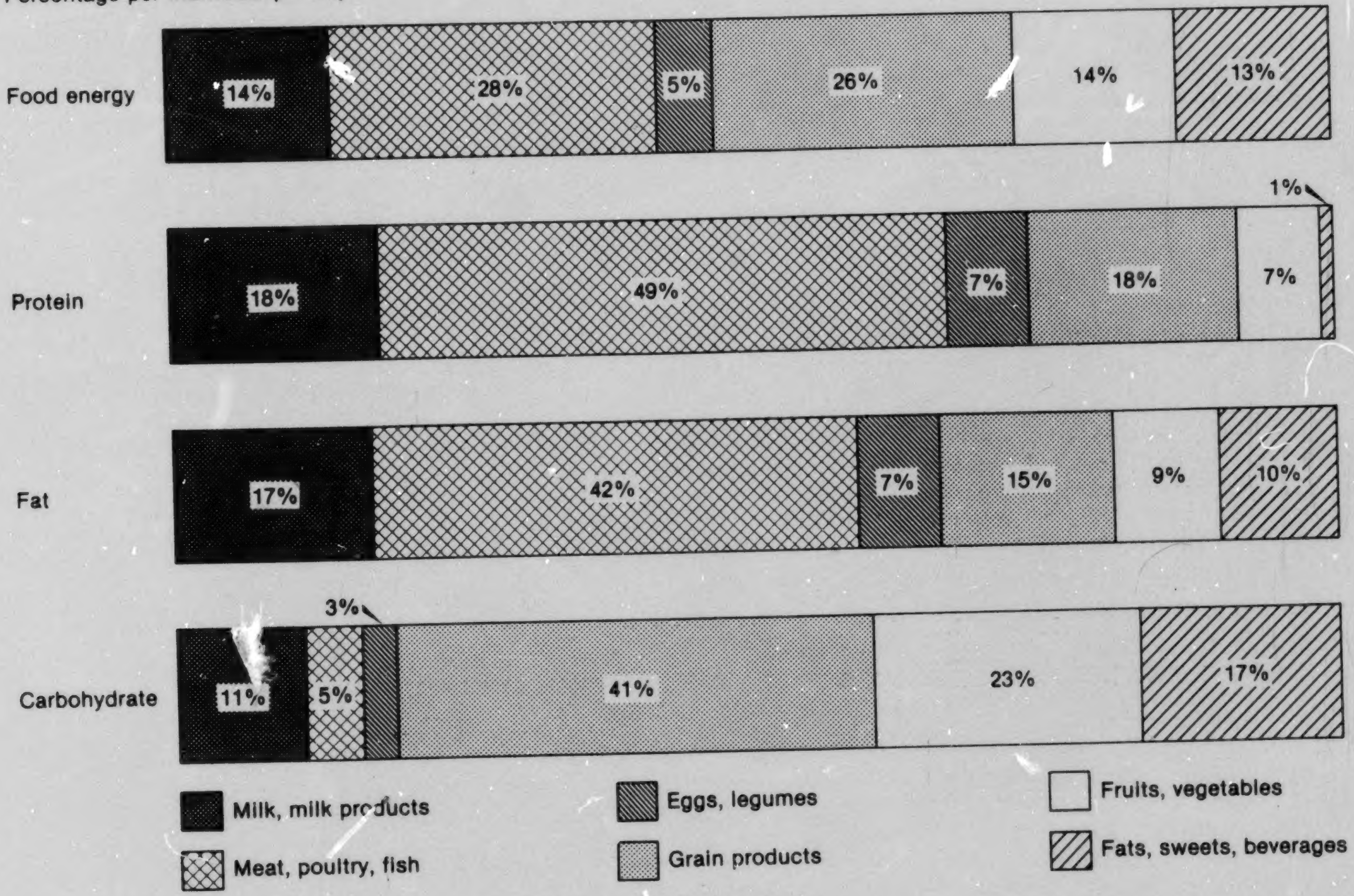
Food energy was contributed mainly by three major food groups--the group comprising meat, poultry, fish, and mixtures mainly meat, poultry, or fish (meat group) (28 percent); grain products (26 percent); and milk and milk products (14 percent) (fig. 1). When combined the fruit and vegetable categories contributed 14 percent of food energy. Percentages of food energy supplied by the meat group were progressively higher for older age groups, from 20 percent for 1- to 2-year-olds to 32 to 34 percent for men 19 to 64 years and 29 to 32 percent for women of the same ages; for the oldest groups, the proportions were slightly lower. Contributions from milk and milk products to total food energy were highest for 1- to 2-year-olds (25 percent), then decreased with advancing age to 10 percent for men and women 35 to 50 years before increasing again slightly for older groups. For 1- to 2-year-olds, grain products provided as much food energy as milk and milk products (25 percent). Grain products accounted for the largest proportion of food energy for children 3 to 8 years, boys 9 to 18, and females 9 to 14 and 75 years and over.

Food obtained and eaten away from home supplied 17 percent of total food energy. The meat group and grain products accounted for about one-third and one-fourth, respectively, of that amount (calculated from tables shown).

Figure 1

Food Sources of Energy and Energy Nutrients

Percentage per individual per day



Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Protein

Nearly half of the protein intake by all individuals came from the meat group (49 percent) (fig. 1). Milk and milk products and grain products each supplied 18 percent of total protein. Smaller proportions of protein intake came from eggs (4 percent); legumes, nuts, and seeds (3 percent); and fruits and vegetables (7 percent). The meat group was the largest contributor of protein for all sex-age groups, providing from 35 percent for 1- to 2-year-olds to 52 to 56 percent for men 19 to 64 years and women 23 to 64 years. For 1- to 2-year-old children, milk and milk products accounted for nearly as much protein as did the meat group (33 versus 35 percent); milk and milk products were also the second largest source of protein for all other groups under age 19 (20 to 27 percent). For men and women 19 years and older, grain products provided the second largest percentage of protein (17 to 20 percent).

Food obtained and eaten away from home supplied 17 percent of total protein. Of that amount, over half was from the meat group.

Fat

The meat group provided 42 percent of fat intake (fig.1), followed by milk and milk products (17 percent), grain products (15 percent), and fats and oils reported separately by the respondent (10 percent). Percentages from the meat group ranged from 32 percent for 1- to 2-year-olds to 47 to 49 percent for men 19 to 64 years and women 35 to 50 years and were somewhat lower for older groups. Contributions by fats and oils to total fat intakes were higher at successively older ages, varying from 6 percent for 1- to 2-year-olds to 11 to 13 percent for men over 50 years and women over 18 years.

Seventeen percent of total fat intake was provided by food obtained and eaten away from home; nearly half that amount was contributed by the meat group (8 percent). Sex-age groups obtaining the largest proportions of fat from the meat group away from home were men 19 to 50 years and women 19 to 22 years (10 to 12 percent).

Carbohydrate

Grain products supplied the largest proportion of carbohydrate (41 percent) in diets (fig. 1). Fruits and vegetables together provided 23 percent of carbohydrate: milk and milk products, 11 percent; and nonalcoholic beverages, 10 percent. For all age groups, males received higher percentages of their carbohydrate intake from grain products than females did, but females received higher percentages than males from fruits and vegetables.

Food obtained and eaten away from home accounted for 17 percent of carbohydrate intake, with the largest proportion coming from grain products (6 percent). The second largest source of carbohydrate away from home was nonalcoholic beverages (3 percent).

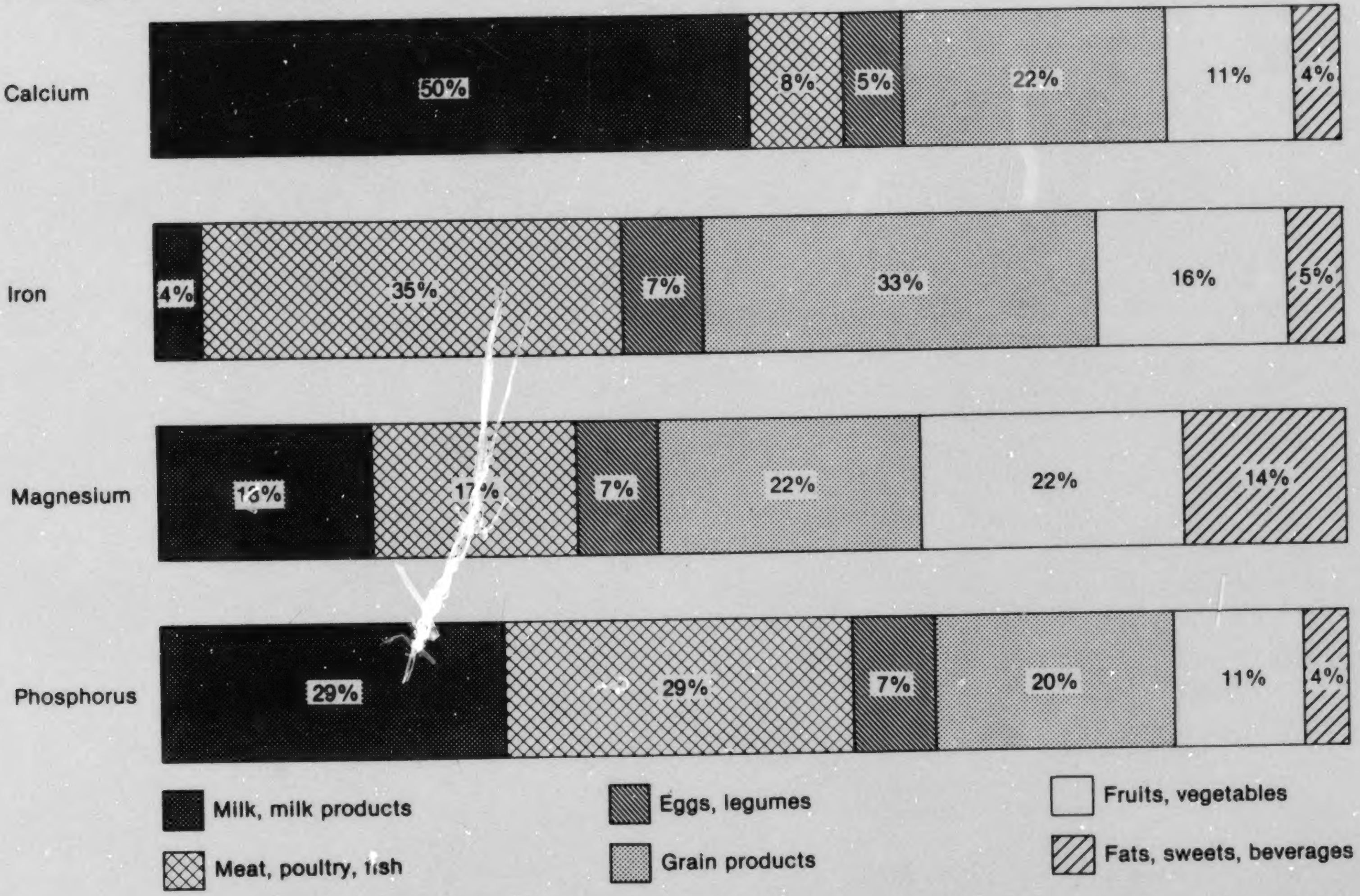
Calcium

The largest source of calcium was milk and milk products (50 percent) (fig. 2). Grain products provided 22 percent of calcium; fruits and vegetables together, 11 percent; and the meat group, 8 percent. Percentages of calcium contributed by milk and milk products were lower for successively older age groups, from 71 percent for 1- to 2-year-olds to 39 to 40 percent for 35- to 50-year-olds, and then were somewhat higher for older groups. Conversely, the proportion of calcium supplied

Figure 2

Food Sources of Minerals

Percentage per individual per day



Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

by the meat group (mainly from mixtures) was greater for successively older ages--from 3 percent for 1- to 2-year-olds to 9 to 10 percent for men and women 19 to 64 years old--then declined after age 64. Grain products also became more important as a source of calcium at successively older ages, providing from 14 percent of calcium for 1- to 2-year-olds to 23 to 26 percent for individuals 19 years and older.

Food obtained and eaten away from home supplied 16 percent of total dietary calcium. Two-thirds of that amount was from milk and milk products (7 percent) plus grain products (4 percent).

Iron

Over two-thirds of total iron intake was provided by the meat group and grain products (35 percent and 33 percent, respectively) (fig. 2). Fruits and vegetables together supplied 16 percent of iron. Among sex-age groups, meat was the largest source of iron for males 19 to 74 years and for females 15 to 64 years. Grain products contributed the largest proportion of iron in the diets of children 1 to 8, males 9 to 18 and 75 years and over, and females 9 to 14 and 65 years and over.

Food obtained and eaten away from home accounted for 16 percent of total iron. Items from the meat group eaten away from home provided 7 percent of total iron intake, and grain products eaten away from home provided 4 percent.

Magnesium

Overall, the two groups that were the largest sources of magnesium were grain products and fruits and vegetables, each providing 22 percent (fig. 2). Milk and milk products supplied 18 percent of magnesium; the meat group, 17 percent; and nonalcoholic beverages, 12 percent. For boys under age 19 and girls under age 15, milk and milk products contributed the most magnesium to diets (25 to 35 percent). Grain products were the largest source of magnesium for men 19 to 34 years (21 to 22 percent). However, the percentages of magnesium supplied by fruits and vegetables were equal to or greater than the percentages from grain products for women 19 years and over and for men 35 years and over (20 to 27 percent). Nonalcoholic beverages (mainly coffee) were the second largest supplier of magnesium for women 35 to 64 years (21 to 22 percent).

Away-from-home eating accounted for 16 percent of magnesium intake. The meat group provided one-fourth of magnesium intake. Each of three groups provided nearly one-fifth of the away-from-home magnesium--milk and milk products, grain products, and fruits and vegetables.

Phosphorus

Over half of the total phosphorus was provided by the meat group and milk and milk products, each supplying 29 percent (fig. 2). Grain products contributed 20 percent of phosphorus intake, and fruits and vegetables, 11 percent. Milk and milk products were the primary source of phosphorus for children and teenagers through age 18 (33 to 48 percent) and for females 75 years and over (28 percent). The meat group accounted for the greatest proportion of phosphorus intakes by men 19 years and over (28 to 35 percent) and by women 19 to 74 years (29 to 34 percent).

Sixteen percent of total phosphorus was provided by food obtained and eaten away from home. Foods from the meat and milk groups consumed away from home supplied 6 percent and 4 percent, respectively, of the total phosphorus in diets.

Vitamin A Value

Nearly half of the vitamin A value in diets (46 percent) (fig. 3), was provided by fruits and vegetables together. The second largest source of vitamin A value was milk and milk products (16 percent), followed by grain products (15 percent) and the meat group (12 percent). For all sex-age groups, the largest proportion of vitamin A value was provided by fruits and vegetables. The second largest source was milk and milk products for eight sex-age groups (children 1 to 2, males 15 to 34 years, and females 12 to 34 years); grain products for seven groups (children 3 to 8, males 9 to 14 and 75 years and over, and females 9 to 11 and 75 years and over); and the meat group for six groups (men and women 35 to 74 years).

Food obtained and eaten away from home provided 14 percent of total vitamin A value. Fruits and vegetables accounted for one-half of that amount.

Thiamin

The major source of thiamin for all individuals was grain products, supplying 42 percent (fig. 3). The meat group was the second largest source of thiamin (24 percent), followed by fruits and vegetables (19 percent) and milk and milk products (11 percent).

For all sex-age groups, grain products provided the most thiamin. For 1- to 2-year-olds, milk and milk products were the second most important source of thiamin. The meat group supplied the second largest percentage of total thiamin in diets of children 3 to 8, males of all ages, and females 9 to 50 years old, while fruits and vegetables contributed the second largest proportion in diets of females 51 years and over.

Food obtained and eaten away from home supplied 15 percent of thiamin. Grain products and the meat group accounted for 5 percent and 4 percent, respectively.

Riboflavin

Milk and milk products provided the largest proportion of riboflavin in diets of all individuals (30 percent), followed by grain products (28 percent), and the meat group (24 percent) (fig. 3). All age groups through age 22 obtained more riboflavin from milk and milk products than from any other food group, while the meat group was the largest source of riboflavin for men and women 23 to 64 years. Grain products were the largest source for men and women 65 years and over.

Food obtained and eaten away from home supplied 16 percent of total riboflavin. The meat and milk groups each accounted for about one-third of that amount, while grain products contributed one-fourth.

Preformed Niacin

The meat group supplied the most preformed niacin (44 percent) in diets of individuals (fig. 3). Grain products provided 30 percent of preformed niacin, and fruits and vegetables together provided 14 percent.

Although the meat group supplied the largest proportion of preformed niacin in the diets of males and females 12 years and over, children 1 to 8 and boys and girls 9 to 11 received the greatest percentage of preformed niacin from grain products.

Food obtained and eaten away from home provided 16 percent of the preformed niacin in diets. Half that amount was supplied by the meat group.

Vitamin B_6

For all individuals, the largest proportion of vitamin B_6 was contributed by the meat group (40 percent) (fig. 3). Fruits and vegetables provided 23 percent of vitamin B_6 intake; grain products, 19 percent; and milk and milk products, 11 percent. For all sex-age groups, the meat group was the largest source of vitamin B_6. Grain products were the second largest source of vitamin B_6 in diets of children 3 to 8, males through age 18, and females through age 14. Fruits and vegetables supplied the second largest proportion in diets of males 19 years and over and of females 15 years and over; within each age group, the percentage of vitamin B_6 intake from fruits and vegetables was higher for females than for males. For children 1 to 2, similar amounts of vitamin B_6 were provided by grain products and by fruits and vegetables.

Food obtained and eaten away from home contributed 15 percent of total vitamin B_6. The meat group supplied about one-half of that amount.

Vitamin B_{12}

The meat group supplied over half (51 percent) of the vitamin B_{12} in diets, milk and milk products provided 30 percent, and eggs and grain products each contributed 8 percent. Vitamin B_{12} comes almost entirely from animal foods, and the vitamin B_{12} in grain products comes from animal products in grain mixtures (such as milk and eggs in baked goods and meat in pizza and tacos) and from fortified cereals. Among sex-age groups, males 15 years and over and females 12 years and over obtained the greatest percentages of vitamin B_{12} from the meat group (43 to 62 percent). Milk and milk products supplied the largest proportion (41 to 50 percent) of vitamin B_{12} in diets of children 1 to 8, boys 9 to 14, and girls 9 to 11.

Food obtained and eaten away from home contributed 16 percent of vitamin B_{12}, with 10 percent coming from the meat group. School-age children and teenagers (6 to 18 years) received from 8 to 12 percent of total vitamin B_{12} from milk and milk products obtained and eaten away from home.

Vitamin C

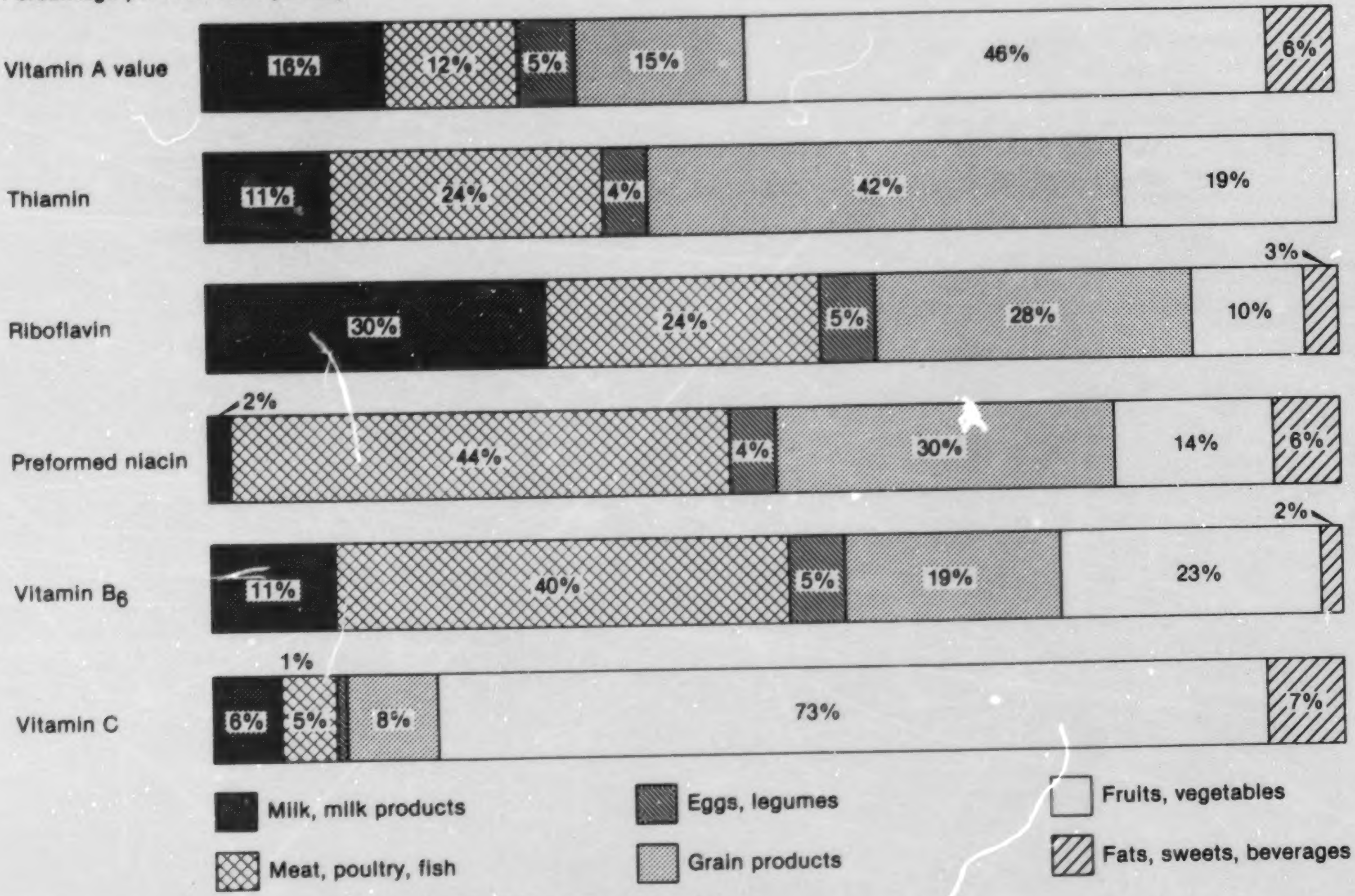
Nearly three-fourths (73 percent) of the vitamin C in diets was contributed by fruits and vegetables (fig. 3). Of the five fruit and vegetable subgroups, citrus fruits and tomatoes supplied the largest percentage of vitamin C (30 percent), followed by white potatoes (15 percent). The proportion of vitamin C contributed by white potatoes increased for successively older groups, from 11 percent for 1- to 2-year-olds to 20 percent for men 23 to 34 years and then decreased for the oldest groups. Beginning at age 9, percentages of vitamin C from citrus fruits and tomatoes were higher for females than for males in corresponding age groups.

Food obtained and eaten away from home contributed 14 percent of vitamin C in diets of individuals. Of this amount, about two-thirds came from fruits and vegetables.

Figure 3

Food Sources of Vitamins

Percentage per individual per day



Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Nutritive Value of Food Intakes

The nutrient intakes by individuals presented in this report do not include vitamin and mineral supplements. Data for all individuals and for the 22 sex-age groups are further classified by 4 income levels, 3 urbanizations, 2 racial groups, and 4 seasons. Data are presented as average intakes for all food, for food obtained and eaten away from home, and for food from the home food supply (food from home). Average intakes per day were computed for each individual; then an average value was computed for each of 22 sex-age groups and for all individuals.

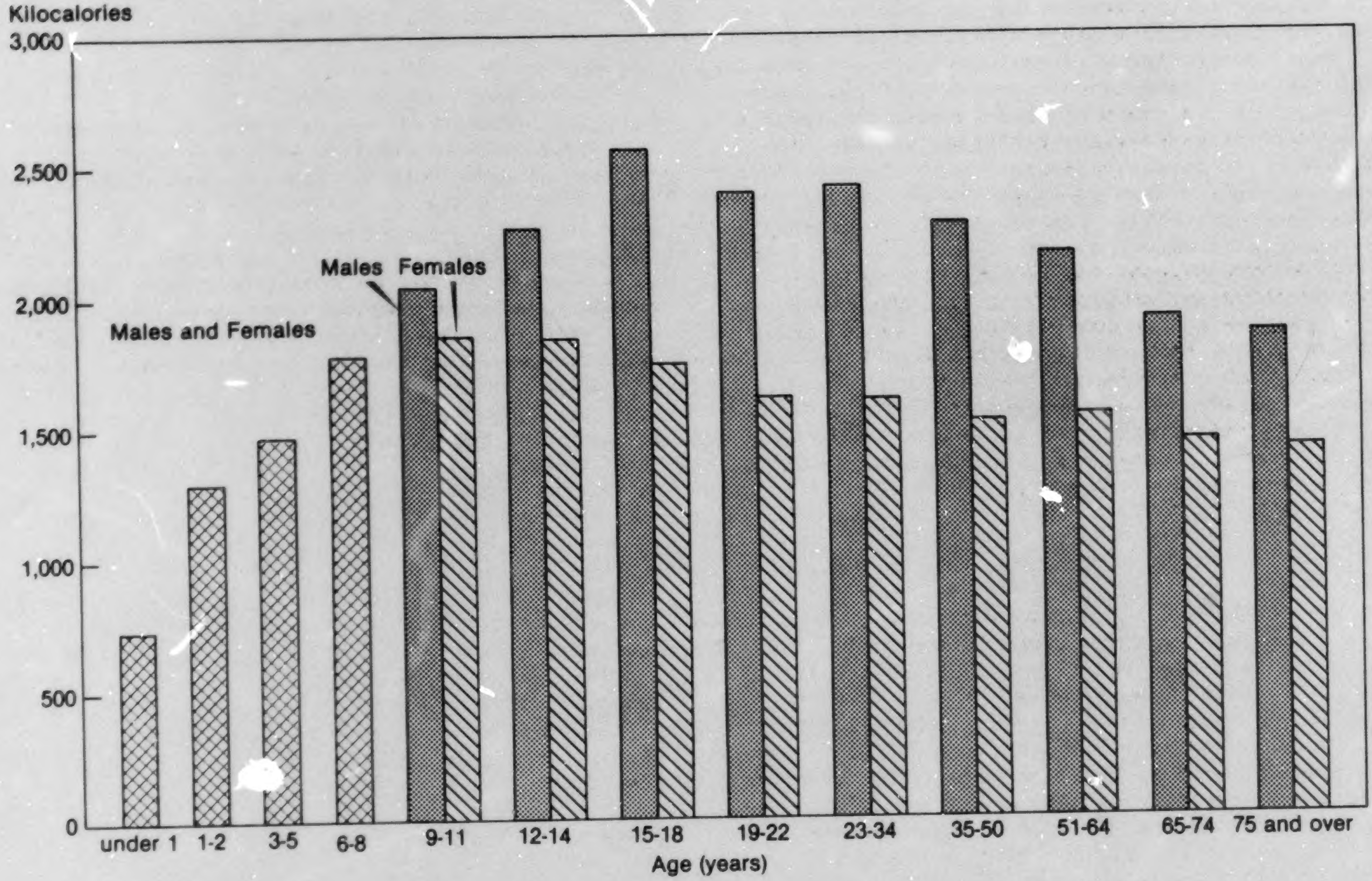
Food Energy

Average intake per individual per day of food energy for all individuals was 1,826 kcal, with 15- to 18-year-old males consuming the highest amount (2,568 kcal) (fig. 4). Intakes declined for older males to a low of 1,866 kcal for men age 75 years and older. Intakes of females peaked at 1,849 kcal for 9- to 11-year-olds and became progressively lower with advancing age to a low of 1,417 kcal for women age 75 years and over. Food obtained and eaten away from home provided an average of 325 kcal for all individuals. The highest energy intakes away from home were among men 19 to 34 years (578 to 591 kcal).

Figure 4

Food Energy

Average intake per individual per day



Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Energy-Providing Nutrients

Patterns similar to those of energy intakes were observed for intakes of protein, fat, and carbohydrate. For all individuals, the average intake of protein was 74 g, of fat, 83 g, and of carbohydrate, 194 g. Among males, boys 15 to 18 years old had the highest intakes of energy-providing nutrients (103 g of protein, 117 g of fat, and 281 g of carbohydrate), while lowest amounts were consumed by men aged 75 years and over (75 g, 85 g, and 200 g, respectively). Highest intakes of energy-yielding nutrients among females were 71 g of protein, by girls 9 to 14, 81 g of fat by girls 12 to 14, and 216 g of carbohydrate by girls 9 to 11. The lowest intake of protein by females was 58 g by women 75 and over; of fat, 62 g by women 75 years and over; and of carbohydrate, 152 g by women 35 to 50 years. For all individuals, intakes of energy-providing nutrients from foods obtained and eaten away from home were 13 g of protein, 15 g of fat, and 34 g of carbohydrate, with the highest average quantities reported for males 15 to 34 years.

Minerals

Average calcium intake for all individuals was 743 mg. Highest intakes were by boys 12 to 18 years (1,00[illegible] to 1,179 mg) and by girls 9 to 11 years old ([illegible] mg). Calcium intakes were lowest for men 65 to [illegible] years (709 mg) and for women 35 to 50 years (530 mg). The average iron intake for all individuals was 13 mg, and intakes ranged from 8 mg by 1- to 2-year-olds to 17 mg by 15- to 18-year-old boys. All age groups of females had average iron intakes of 11 to 12 mg. Average intake of magnesium for all individuals was 246 mg, and magnesium intakes ranged from 164 mg for 1- to 2-year-olds to 310 mg for 51- to 64-year-old men and 239 mg for 51- to 64-year-old women. Average phosphorus intake was 1,153 mg, and 15- to 18-year-old boys had the highest intakes (1,655 mg).

Vitamins

Average intake of vitamin A value for all individuals was 5,388 IU and tended to be higher for older groups, ranging from 3,436 IU by 1- to 2-year-olds to 7,290 by men 65 to 74 years. For all individuals, average intakes of the B vitamins were 1.3 mg of thiamin, 1.7 mg of riboflavin, 18 mg of preformed niacin, 1.4 mg of vitamin B_6, and 5 mcg of vitamin B_{12}. Among males, teenagers and young adults generally had highest intakes of B vitamins. Among females, girls 9 to 11 years usually had the highest intakes. Average vitamin C intake for all individuals was 82 mg, with largest intakes (91 to 96 mg) by 15- to 18-year-old boys, men 51 years and over, and women 65 to 74 years.

BY INCOME

Food Energy

For most sex-age groups, food energy intake varied directly with income level. All sex-age groups with household incomes under $6,000 had lower intakes of food energy than those with household incomes $16,000 and over. The only exception was 15- to 18-year-old girls, whose food energy intakes were 1,789 kcal at the lowest income level and 1,763 kcal at the highest level.

Energy-Providing Nutrients

Intakes of the energy-providing nutrients were lower for most sex-age groups in the lowest income category (under $6,000) than in the highest ($16,000 and over). Exceptions to this pattern were protein intakes by children 3 to 5 and girls 15 to 18 and carbohydrate intakes by males 19 to 22 years, 35 to 50 years, and over 74 years and by females 15 to 18 years and 23 to 50 years. The greatest differences between intakes of energy-providing nutrients of the lowest and highest income groups were seen among men over 50 years--12 to 16 percent difference in protein intakes and 16 to 25 percent difference in fat intakes. (The percentage difference was computed by subtracting the intake at the lowest income level from that at the highest income level, dividing the difference by the intake at the highest income level, and converting to a percentage.)

Minerals

Calcium, magnesium, and phosphorus intakes by most sex-age groups were highest for individuals at the two highest income levels. On the other hand, the highest iron intakes occurred in as many sex-age groups at the two lowest income levels as at the two highest. Percentage differences between sex-age groups at the lowest and highest income levels were greatest for calcium intakes by the boys 12 to 18 years (lowest income level intakes were 22 to 26 percent below the highest); magnesium intakes by men 51 to 74 years (18 to 19 percent below); phosphorus intakes by boys 12 to 18 and men 51 to 74 years (12 to 16 percent); and for iron intakes by men over 50 years (12 to 18 percent).

Vitamins

Average intakes of all vitamins studied, except vitamin A value, tended to increase with income. Vitamin C showed the strongest association; the highest intakes occurred at the highest income levels and the lowest intakes at the lowest income levels for all sex-age groups except adults over 74 years. Among males over 8 years, intakes of all the B vitamins studied were generally lowest at the two lowest income levels; however, for vitamin B_{12}, highest intakes for half of the groups were also at the two lowest income levels. A similar but weaker pattern was seen among females over 8 years for riboflavin, preformed niacin, and vitamin B_6, but the lowest intakes of thiamin and vitamin B_{12} also frequently occurred at the highest income level. Contradicting the pattern, children age 1 to 8 at the lowest income level had the highest intakes of preformed niacin, vitamin B_6, and vitamin B_{12}, but there were exceptions for thiamin and riboflavin. Vitamin A value tended to vary inversely with income for all groups of children and for about one-half of the older groups; males were most often the exception.

BY URBANIZATION

Differences in average nutritive values of food intake among urbanizations were generally small. Nevertheless, some exceptions among sex-age groups were apparent.

Food Energy

Intakes of food energy differed by 5 percent or less among urbanizations for most sex-age groups. The largest differences occurred for the oldest groups of men and women (12 and 9 percent difference, respectively) being highest in suburban and lowest in nonmetropolitan areas. For elderly men, this pattern tended to hold for all nutrients as well.

Energy-Providing Nutrients

Protein intakes tended to be highest in central cities for children and females, but a pattern was less apparent for males. Fat intakes were generally highest in suburban areas; intakes for the majority of age groups were lowest in central cities for males and in nonmetropolitan areas for females. Intakes of carbohydrate were highest for children in suburban areas and for males in suburban and nonmetropolitan areas; for females, the pattern was less clear.

Minerals

Calcium, magnesium, and phosphorus intakes were highest in suburban areas for the majority of sex-age groups. In contrast, iron intakes by children and females tended to be highest in central cities and by males in nonmetropolitan areas, although averages for all individuals combined were about the same for all three urbanizations.

Vitamins

Highest intakes of vitamin A value and vitamin B_{12} by the majority of sex-age groups occurred in central cities. Highest intakes of thiamin, preformed niacin, and vitamin B_6 by most groups of children and females also occurred in central cities, but for males the direction was less consistent. Riboflavin intakes tended to be lowest in nonmetropolitan areas for children and females and in central cities for males, while the highest values for most of the sex-age groups were found in suburban areas. Highest vitamin C intakes were about evenly divided between central cities and suburban areas; lowest vitamin C intakes for all sex-age groups were found in nonmetropolitan areas.

BY RACE

Food Energy

In almost all sex-age groups food energy intakes were higher for whites than for blacks. The only exception was girls 1[illegible] to 18 years.

Energy-Providing Nutrients

Whites generally had higher average intakes of fat and carbohydrate than did blacks. However, black females 15 to 50 years had higher average carbohydrate intakes than did white females of the same ages. Protein intakes were higher among black than among white children 3 to 8, men 65 to 74 years, and females 12 years and over.

Minerals

In all sex-age groups, intakes of calcium, magnesium, and phosphorus were higher for whites than for blacks. Most sex-age groups of whites also had higher iron intakes. The exceptions were children 3 to 8 and females 9 to 50 and 65 to 74 years.

Vitamins

Average intakes by whites compared to those by blacks were higher for three vitamins, lower for two, and the same or nearly the same for two. Most sex-age groups of whites had higher intakes than blacks of riboflavin (except women 65 to 74 years), preformed niacin (except children 3 to 8 and females 9 to 34 years), and vitamin B_6 (except children 1 to 8 and females 9 to 18 years and 23 to 34 years). Intakes of vitamin A value were higher for blacks than for whites except for individuals over 74 years. Vitamin B_{12} intakes were higher for blacks than for whites except for boys and girls 12 to 14, boys 15 to 18, women 19 to 22, and men and women 35 to 50 years and over 74 years. Average intakes of thiamin and vitamin C for all individuals combined were nearly the same. However, thiamin intakes by white males tended to be higher than those by black males, but among females the reverse was found. Vitamin C intakes by females 12 to 50 years tended to be higher among blacks than among whites, but for most other sex-age groups, intakes by whites were similar to or higher than those by blacks.

BY SEASON

For all individuals, average intakes of food energy and five nutrients (fat, carbohdrate, iron, thiamin, and riboflavin) varied only about 1 percent among seasons. (The difference between the largest and the smallest average seasonal intakes was divided by the largest and converted to a percentage.) The largest percentage differences were shown for vitamin C (8 percent), vitamin A value (6 percent), vitamin B_{12} (6 percent), and calcium (5 percent). The other nutrients were intermediate in variation among seasons--protein and magnesium, 2 percent; phosphorus and vitamin B_6, 3 percent; and preformed niacin, 4 percent.

Protein intakes tended to be highest in spring and lowest in summer. Among the other nutrients with over 1 percent difference between seasons, intakes of the three minerals (calcium, magnesium, and phosphorus) were highest in fall and winter and lowest in summer. Intakes of vitamin A value were highest in fall and summer and lowest in spring and winter. Intakes of vitamin B_{12} were highest in fall and lowest in winter, while intakes of preformed niacin and vitamin B_6 were highest in spring and summer and lowest in winter and fall. Vitamin C intakes were highest in spring and summer and lowest in fall. Among sex-age groups, however, there was usually greater variation between intakes in the season with the largest average intake and the one with the smallest.

Nutritive Value of Food Intakes as Percentage of 1980 RDA

Nutrient intakes by sex-age groups were compared with the 1980 RDA (tables 3A), and comparisons by income level, by urbanization, by race, and by season were also made (tables 3B to 3P). Energy and nutrient intakes by each individual were divided by the appropriate RDA (appendix E) and expressed as percentages, and average percentages were computed for each sex-age group. The average percentages for the sex-age groups are summarized in figure 5. Nutrient intakes below RDA cannot be interpreted to mean individuals were malnourished since the RDA for nutrients are set high enough to meet the requirements for nearly all healthy individuals in the population. Thus, the RDA for nutrients will exceed the requirements of many individuals.

Energy and Protein

Energy needs of individuals vary according to body size, age, and physical activity. Therefore, some individuals need less energy than others. The midpoint of the RDA range for energy for each sex-age group was used for the comparison. Average intake of energy by all individuals was 84 percent of RDA. Only children 1 to 2 exceeded their RDA (101 percent). Intakes of other groups ranged from 75 percent of RDA (women 19 to 22 years) to 94 percent (children 3 to 5). All groups exceeded

Figure 5

Average Nutrient Intakes Below 1980 Recommended Dietary Allowances

Percentage of 1980 RDA per individual per day

Total respondents

Sex and age (years)	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:												
Under 1												
1-2			••••									
3-5		•	••							•		
6-8				•						•		
Males:												
9-11				••						•		
12-14		•	••	•••						•		
15-18		•	•	•••						•		
19-22				••						••		
23-34				••						••		
35-50		•		••						•••		
51-64		•		••						•••		
65-74		••		••						•••		
75 and over		•		•••						••••		
Females:												
9-11		•	•	••						••		
12-14		•••	••••	•••	•					•••		
15-18		••••	••••	••••	•					••••		
19-22		•••	••••	••••		•	•			••••		
23-34		•••	••••	•••						••••		
35-50		••••	••••	•••						••••		
51-64		••••		••						••••		
65-74		•••		•••						••••		
75 and over		•••		•••						••••		

• 90-99% RDA
•• 80-89% RDA
••• 70-79% RDA
•••• Below 70% RDA

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

their RDA for protein. The percentages varied from 131 percent for women 75 years and over to 222 percent for children 1 to 2.

Minerals

For two of the four minerals studied--calcium and magnesium--average intakes by all individuals were less than RDA (87 percent and 84 percent, respectively). Intakes of calcium exceeded RDA for 5 of the 21 sex-age groups, and intakes of magnesium exceeded RDA for only 2 sex-age groups. Among sex-age groups, females 12 years and over had the lowest calcium intakes in comparison to their RDA (63 to 76 percent). Intakes of magnesium were below 80 percent of RDA for males 12 to 18 and over 74 years (77 to 79 percent) and for females 12 to 50 years and over 64 years (65 to 75 percent). Although average iron intake exceeded RDA for all individuals (102 percent), intakes by children 1 to 2 were just over one-half of RDA (55 percent), and by females 12 to 50 years, they were 59 to 65 percent of RDA. Children 3 to 5, boys 12 to 18, and girls 9 to 11 had iron intakes that were 80 to 92 percent of RDA. For the other sex-age groups, intakes were 102 to 159 percent of RDA. Average phosphorus intake by all individuals was 136 percent, and for all sex-age groups except teenage girls, intake exceeded RDA.

Vitamins

For four of the seven vitamins considered--riboflavin, niacin, vitamin B_{12}, and vitamin C--intakes exceeded RDA for all sex-age groups. All sex-age groups met the RDA for vitamin A and for thiamin except for women 19 to 22 years whose intakes were 96 and 95 percent, respectively, of their RDA. However, intakes of vitamin B_6 failed to meet the RDA for all sex-age groups except children 1 to 2. Average intake of vitamin B_6 for all individuals was 75 percent of RDA, but for females over 14 years, intakes were especially low, 58 to 63 percent of RDA.

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Distribution of Nutrient Intakes Expressed as Percentage of 1980 RDA

Averages often conceal a wide variation in nutrient intakes. To provide information in addition to that from averages discussed above, distributions of individuals with nutrient intakes at specified levels of 1980 RDA are provided below for all individuals and in appendix E for sex-age groups. For all individuals, intakes of calcium, iron, magnesium, vitamin A, vitamin B_6, and vitamin C were below 50 percent of RDA for 13 to 23 percent of the individuals surveyed. The smallest proportions of individuals with intakes below 50 percent of RDA were for protein, phosphorus, riboflavin, and preformed niacin (1 to 4 percent of individuals). The percentages of all individuals with intakes of food energy and nutrients at specified levels of 1980 RDA are shown.

Proportions of individuals with nutrient intakes below 50 percent of RDA were generally higher for females 9 years and over than for children under 9 and males 9 years and over. However, there was an exception for iron--almost one-half (48 percent) of 1- to 2-year-olds had iron intakes below 50 percent of RDA. The proportion of males with intakes of vitamin A below 50 percent of RDA was larger (20 to 26 percent) than for any other nutrient studied.

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Percentage of all individuals with nutrient intakes at specified levels of 1980 Recommended Dietary Allowance

Food energy and nutrients	Percent of RDA			
	Below 50	50-69	70-99	100 and over
	Percent of individuals			
Food energy	8.3	23.1	43.9	24.7
Protein	.8	2.0	8.8	88.4
Calcium	21.2	20.3	26.4	32.1
Iron	13.8	18.9	24.7	42.7
Magnesium	13.3	24.9	36.2	25.6
Phosphorus	2.1	5.4	19.3	73.3
Vitamin A	17.1	13.9	19.1	49.9
Thiamin	5.2	11.5	28.3	55.0
Riboflavin	3.7	8.4	21.9	66.0
Preformed niacin ..	2.5	6.6	23.8	67.1
Vitamin B_6	23.4	27.1	29.7	19.8
Vitamin B_{12}	6.2	8.8	18.5	66.5
Vitamin C	15.3	10.9	14.6	59.2

BY INCOME

At the lowest income level (under $6,000) compared to the highest ($16,000 and over), intakes as percentages of RDA were nearly always lower for energy and for all the nutrients studied except vitamin A, thiamin, and vitamin B_{12} (fig. 6). This pattern was generally clearer for males than for females. The average vitamin A intake as a percentage of RDA for all individuals combined varied inversely with income level, from 144 percent of RDA at the lowest income level to 129 percent of RDA at the highest income level.

BY URBANIZATION

Central-city residents had the highest average intakes as percentages of RDA for protein, vitamin A, preformed niacin, and vitamin B_{12}. Residents of suburban areas had the highest intakes as percentages of RDA of calcium, magnesium, phosphorus, and riboflavin. For vitamin C, average percentages were about equally high in central cities and suburban areas, while for iron and thiamin, percentages were the same or nearly the same in all urbanizations.

BY RACE

Whites had average intakes as percentages of RDA that were 3 to 18 percentage points higher than intakes by blacks for calcium, iron, magnesium, phosphorus, and riboflavin, while blacks had higher values for vitamin A and vitamin B_{12} than whites. Average values for food energy, protein, thiamin, preformed niacin, vitamin B_6, and vitamin C for whites and blacks differed by 4 percentage points or less.

Figure 6

Average Nutrient Intakes Below 1980 Recommended Dietary Allowances

Percentage of 1980 RDA per individual per day
Household income under $6,000

Sex and age (years)	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:												
Under 1												
1-2		•	••••									
3-5		••	••									
6-8				•						•		
Males:												
9-11		•	•	••						••		
12-14		•••	•••	••••						•		
15-18		•••	••	••••						••		
19-22				•••		•	•			•••		
23-34				••						•••		
35-50		•		••		••				•••		
51-64		••		•••						••••		
65-74		••		•••						••••		
75 and over		••		•••						••••		
Females:												
9-11		••	•	••						••		
12-14		••••	••••	••••	••					•••		
15-18		••••	••••	••••	•					••••		
19-22		•••	••••	••••			•			••••		•
23-34		••••	••••	••••						••••		
35-50		••••	••••	••••						••••		
51-64		••••		•••						••••		
65-74		•••		•••						••••		
75 and over		•••		•••						••••		

• 90-99% RDA
•• 80-89% RDA
••• 70-79% RDA
•••• Below 70% RDA

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

For nearly all sex-age groups, average percentages of RDA for calcium, magnesium, phosphorus, and riboflavin were higher among whites than among blacks. For vitamin A, percentages of RDA were higher for blacks than for whites in nearly all sex-age groups. A different pattern among sex-age groups was evident for protein, iron, thiamin, preformed niacin, vitamin B_6, and vitamin C. For these six nutrients, nearly all age groups of white males had higher intakes as percentages of RDA than their black counterparts did, while most groups of white females, particularly those age 9 to 50 years, had lower values than did their black counterparts.

BY SEASON

For all individuals, energy and nutrient intakes as percentages of RDA differed very little by season. Seasonal differences were 4 percentage points or less for food energy and all nutrients studied except for three vitamins--vitamin A, vitamin B_{12}, and vitamin C (10 to 12 percentage points).

Nutrient Sources of Food Energy

The percentage contributions of protein, fat, and carbohydrate to food energy intake were calculated by multiplying each individual's intake of protein by 4 kcal per gram, fat by 9 kcal per gram, and carbohydrate by 4 kcal per gram; dividing those values by the individual's total food energy intake; converting to percentages; and then calculating group averages. The general factors 4, 9, and 4 have been used to give estimates for a typical mixed diet (38). Alcohol is also an energy source but was not calculated separately. The difference between energy intake and the sum of energy calculated as coming from protein, fat, and carbohydrate represents, for each individual, the amount of energy from alcohol plus an amount generated by the use of the general factors 4, 9, and 4 rather than the specific values for each food eaten. This difference is labeled "other." Although the general factors are commonly used for mixed diets, they are not appropriate for diets based largely on one food, such as milk or formula in the diets of infants. In this case, "other" represents the effect of using the general rather than food-specific factors and does not represent energy from alcohol.

For some individuals, actual energy intake (from food composition values) was less than the sum of the energy provided by protein, fat, and carbohydrate as calculated by using the 4, 9, 4 factors, resulting in a negative value for "other." For such individuals, "other" was assigned a value of zero. Consequently, the sum of average percentage contributions of protein, fat, carbohydrate, and "other" is greater than 100 percent for sex-age groups.

For all individuals, the average proportion of energy from protein was 16.5 percent; from fat, 40.5 percent; and from carbohydrate, 42.6 percent. The proportion of energy provided by protein varied little among sex-age groups--16 to 17 percent for all groups over 1 year of age. Fat supplied 38 to 43 percent of energy, and the proportion was highest for men and women 23 to 64 years. On the other hand, carbohydrate provided 39 to 48 percent of energy, and the proportion was lowest for 23- to 64-year-old men and women.

Nutrient sources of food energy

Sex and age (years)	Protein	Fat	Carbohydrate	Other
	----	----	Percent	----
Males and females:				
Under 1	14.3	36.6	45.2	5.2
1-2	16.4	37.7	46.9	.2
3-5	15.6	37.8	47.5	.1
6-8	15.6	38.5	46.9	.1
Males:				
9-11	15.7	39.2	46.1	.1
12-14	15.8	39.5	45.7	.1
15-18	16.2	40.6	43.8	.3
19-22	16.7	40.9	41.6	1.3
23-34	16.5	41.6	40.1	2.3
35-50	16.8	42.6	38.5	2.4
51-64	17.1	42.4	39.3	1.9
65-74	16.7	40.7	42.2	1.4
75 and over	16.4	40.8	42.8	1.0
Females:				
9-11	15.5	38.7	46.8	.1
12-14	15.7	39.3	45.9	.1
15-18	16.1	40.0	44.6	.2
19-22	16.7	40.3	42.7	1.0
23-34	16.8	41.0	41.4	1.3
35-50	17.3	41.9	40.1	1.2
51-64	17.3	41.3	41.1	1.1
65-74	17.2	39.4	43.9	.5
75 and over	16.6	38.9	45.3	.4
All individuals ...	16.5	40.5	42.6	1.1

Distribution of Individuals by Percentage of Food Energy From Fat

Among the sources of food energy, fat has been of particular interest because of possible association with conditions such as heart disease, cancer, and obesity. The distribution of individuals by specified percentages of food energy from fat intake disclosed that one-fifth of all individuals had diets providing less than 35 percent of energy from the nutrient fat. Children were more likely to have intakes with the lowest levels of energy from fat than were older groups. One-fourth of the individuals obtained 45 percent or more of their food energy from fat. Men and women 35 to 64 years of age were more likely than both younger and older individuals to have diets with 45 percent or more of food energy from fat. The distribution of individuals with intakes that provided specified levels of food energy from the nutrient fat is shown below.

Individuals obtaining specified percentages of food energy from fat

Sex and age (years)	Individuals	Percentage of food energy from fat: Under 30	30.0-34.9	35.0-39.9	40.0-44.9	45.0-49.9	50.0 and over
	Number	Percent of individuals					
Males and females:							
Under 1	421	22.5	16.8	21.5	21.7	16.1	1.4
1-2	1,035	10.8	22.6	31.9	22.2	9.8	2.7
3-5	1,719	8.5	21.3	35.4	24.0	8.6	2.1
6-8	1,841	5.3	19.0	37.6	28.4	8.0	1.7
Males:							
9-11	939	5.0	16.1	35.7	31.3	9.4	2.5
12-14	1,150	3.9	14.0	38.2	30.2	10.3	3.4
15-18	1,394	2.9	14.0	28.0	33.4	16.9	4.7
19-22	1,030	4.9	13.6	26.0	27.8	19.4	8.4
23-34	2,716	4.6	11.5	22.0	31.7	21.3	9.0
35-50	2,571	3.9	9.0	21.3	30.5	21.7	13.6
51-64	2,161	3.5	10.8	22.1	27.8	22.9	12.8
65-74	1,049	7.1	11.7	28.7	26.3	17.0	9.1
75 and over	465	8.3	13.5	26.4	21.7	16.7	13.4
Females:							
9-11	1,011	6.0	17.8	35.1	29.7	9.3	2.2
12-14	1,148	5.3	17.0	33.5	29.2	11.2	3.8
15-18	1,473	5.4	16.0	28.2	30.3	13.9	6.2
19-22	1,317	7.6	15.2	24.3	27.7	15.3	9.8
23-34	3,879	6.2	12.3	25.4	28.5	17.6	9.9
35-50	3,759	5.1	11.8	22.6	26.9	21.1	12.5
51-64	2,936	5.9	11.4	25.0	29.3	18.0	10.3
65-74	1,376	9.0	15.7	29.1	24.8	15.2	6.2
75 and over	751	9.9	18.3	28.9	22.8	14.4	5.7
All individuals	36,142	5.9	14.0	27.3	28.2	16.5	8.1

Nutritive Value of Food Intakes Per 1,000 Kilocalories

The nutrient quality of diets varies less among sex-age groups when nutrient intakes are expressed as nutrient densities, that is, the amount of nutrient per 1,000 kcal of food energy intake (tables 4-1 to 4-3). The nutrient densities of intakes were compared to the RDA expressed as nutrient densities (appendix D, table 2). This method of dietary evaluation does not assess the adequacy of energy intake. That point is relevant to the interpretation of nutrient densities in the present study because average intakes of food energy were only 75 to 94 percent of the RDA for individuals over 2 years of age (table 3A).

ENERGY-PROVIDING NUTRIENTS

Protein densities were higher for successively older groups, ranging from 39 g per 1,000 kcal for 3- to 11-year-old children to 43 g per 1,000 kcal for 51- to 64-year-old men and 35- to 74-year-old women; densities for sex-age groups exceeded by a wide margin the protein densities of RDA. Fat densities also were higher for older groups and ranged from 42 g per 1,000 kcal for 1-to 5-year-olds to 47 g per 1,000 kcal for 35- to 64-year-old men and 35- to 50-year-old women. Carbohydrate densities were higher for children under 15 years (114 to 119 g per 1,000 kcal) than for older groups (96 to 113 g per 1,000 kcal).

MINERALS

Calcium densities of diets were lower for older groups than for younger groups. Values ranged from 625 g per 1,000 kcal for 1- to 2-year-olds to 329 g per 1,000 kcal for 35- to 50-year-old men (fig. 7). Calcium densities then were higher for adults over 50 years (346 to 419 g per 1,000 kcal). Except for teenagers, females generally had diets with higher calcium densities than did males. Nevertheless, calcium densities for all groups of females over 11 years were less than the density of the RDA for calcium, while the reverse was true for all groups of males except the oldest. Density of iron in diets varied much less with age and sex than did density of calcium, ranging from 6.4 to 7.7 mg per 1,000 kcal (fig. 8). However, only iron densities of intakes by children 1 to 5 and females 12 to 50 years were less than the densities of their RDA for iron. Average magnesium density of diets was 139 mg per 1,000 kcal for all individuals combined and was higher for all females (121 to 162 mg per 1,000 kcal) than for males (120 to 151 mg per 1,000 kcal) except for 12- to 14-year-olds. Yet, magnesium densities of intakes by all age groups of females except two (9 to 11 and 35 to 50 years) were less than the densities of their RDA; the same was also true for males 12 to 34 years and over 74 years. Densities of phosphorus in diets followed a pattern similar to calcium densities, becoming lower for sequentially older groups through age 50 and then higher for age groups over 50 years. Diets of females other than teenagers were more phosphorus-dense (626 to 653 mg per 1,000 kcal) than those of males (604 to 650 mg per 1,000 kcal). Phosphorus densities of intakes by all sex-age groups were greater than the densities of their RDA for phosphorus.

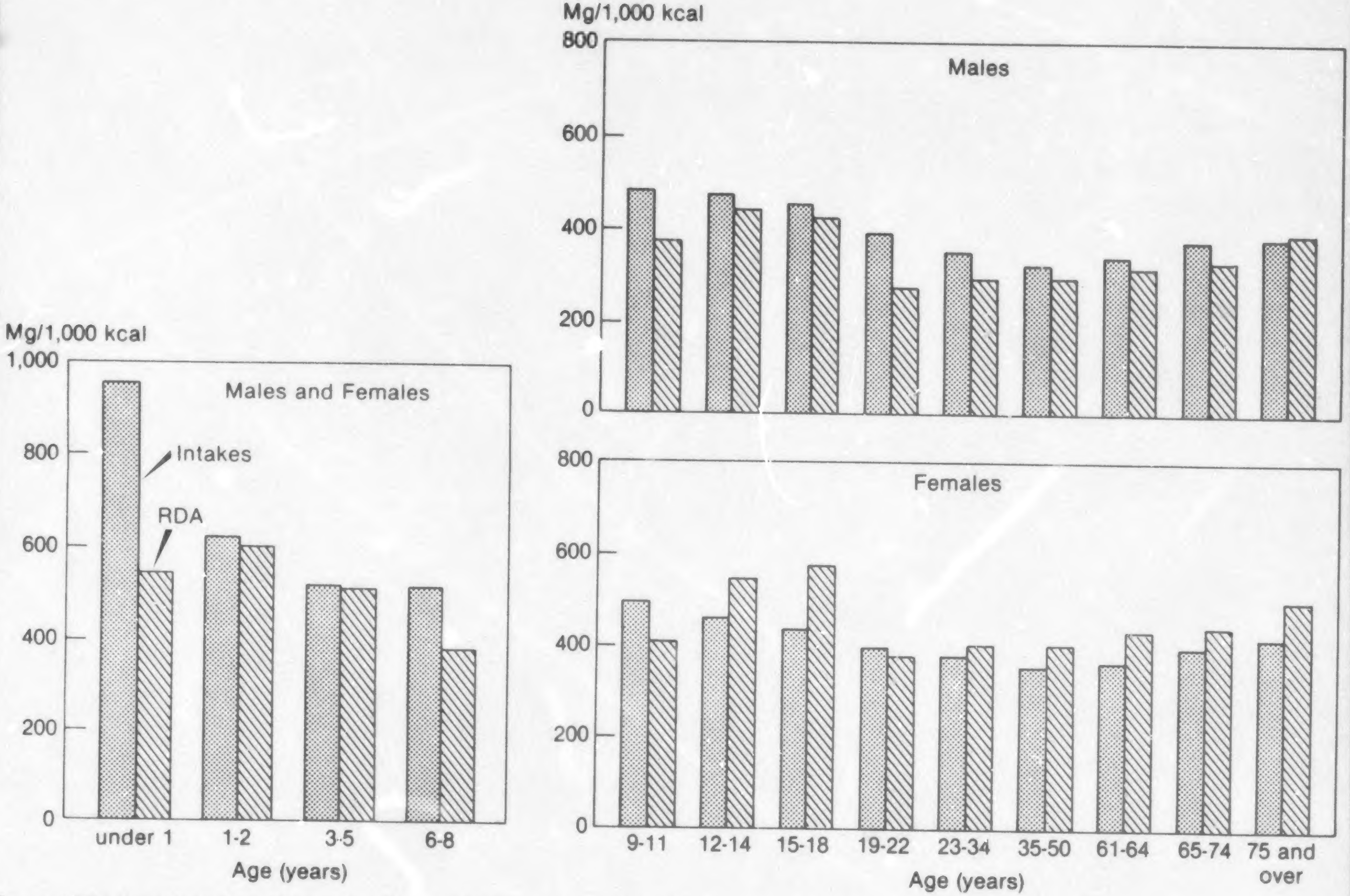
VITAMINS

For all individuals, the average density of vitamin A value in diets was 3,141 IU per 1,000 kcal. Vitamin A value densities ranged from 2,445 IU for 15- to

Figure 7

Calcium Density of Intakes and Recommended Dietary Allowances

Average intake per individual per day

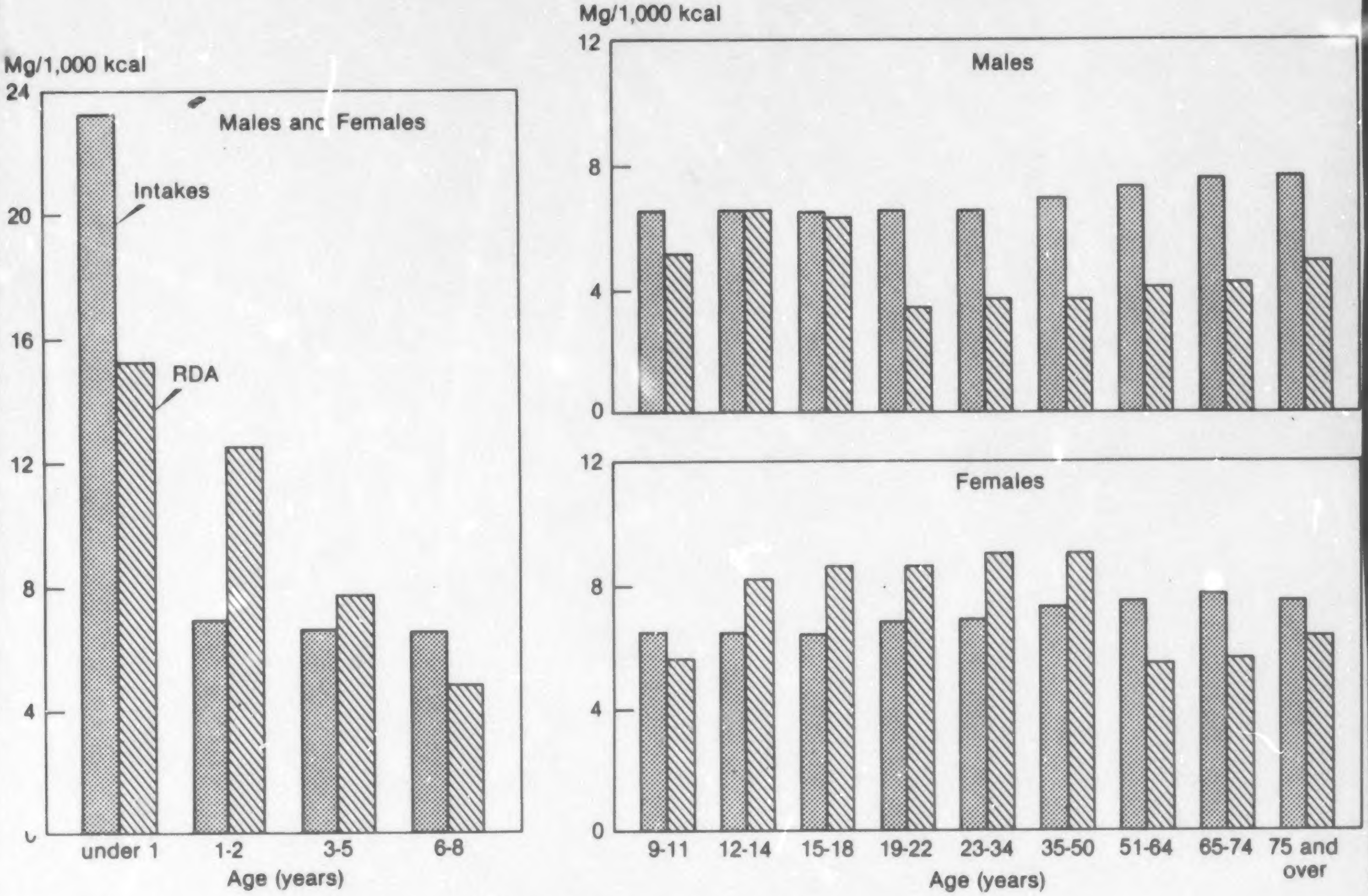


Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Figure 8

Iron Density of Intakes and Recommended Dietary Allowances

Average intake per individual per day



Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

18-year-old boys to 4,770 IU for 65- to 74-year-old women (fig. 9). Females over 14 years had diets with higher densities of vitamin A value (2,485 to 4,770 IU per 1,000 kcal) than their male counterparts did (2,445 to 3,997 IU per 1,000 kcal). Densities of thiamin intake were generally higher for those under 15 and over 64 years (0.71 to 0.76 mg per 1,000 kcal) than for those 15 to 64 years (0.64 to 0.71 mg per 1,000 kcal). Riboflavin densities of diets were higher for children, teenagers, and women 65 years and over (1.00 to 1.24 mg per 1,000 kcal) than for other sex-age groups (0.83 to 0.97 mg per 1,000 kcal), while preformed niacin densities of intakes were lower for children and teenagers (8.8 to 9.5 mg per 1,000 kcal) than for adults (9.9 to 11.3 mg per 1,000 kcal). Vitamin B_6 densities of intakes ranged from 0.73 to 0.88 mg per 1,000 kcal.

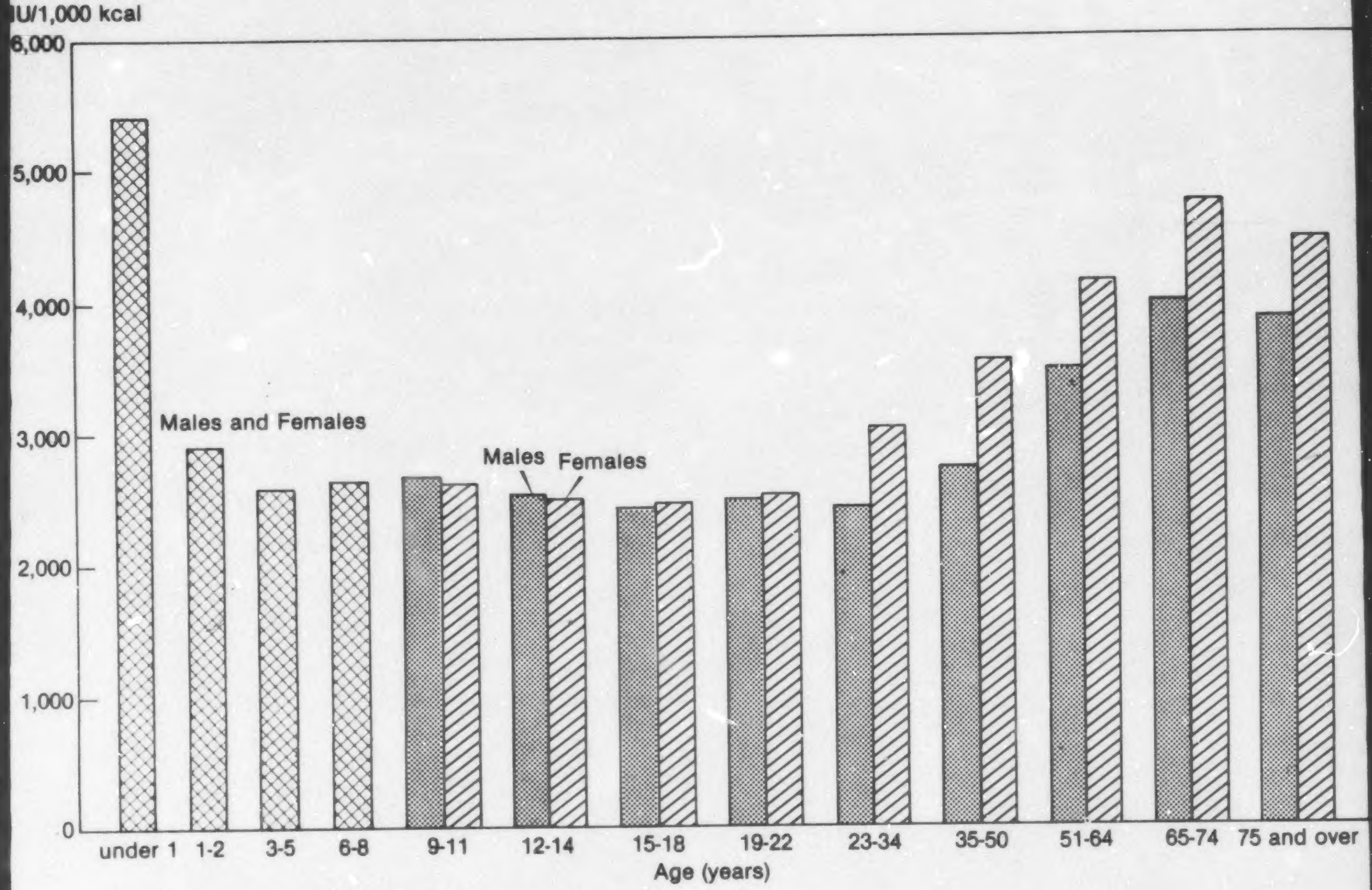
For thiamin, riboflavin, preformed niacin, and vitamin B_6, densities of intakes were generally higher for boys than for girls 9 to 18 years, but lower for men than for women 23 years and older. Vitamin B_{12} densities ranged from 2.46 mcg per 1,000 kcal for teenage girls to 3.35 mcg per 1,000 kcal for men age 65 to 74 years. Vitamin C density of diets averaged 48 mg per 1,000 kcal; densities were higher for females 9 years and older (44 to 67 mg per 1,000 kcal) than for males in the same age groups (36 to 49 mg per 1,000 kcal).

For all sex-age groups, densities of all vitamins studied, except vitamin B_6, exceeded the densities of the corresponding RDA. Only children 1 to 8, boys 9 to 18, and girls 9 to 11 years had intakes with average densities of vitamin B_6 greater than the densities of their RDA.

Figure 9

Vitamin A Density Per 1,000 Kilocalories

Average intake per individual per day



Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

COMPARISON OF NUTRIENT DENSITIES OF FOOD EATEN AT HOME AND AWAY FROM HOME

The nutrient densities of intakes of food from the home supply (food from home) were higher for all nutrients than those of food obtained and eaten away from home (food away from home) except for carbohydrate, magnesium, and preformed niacin. The vitamin A and vitamin C densities of food from home were notably higher than those of food away from home. (See tables 4.1-4.3). Average intakes of nutrients per 1,000 kcal of food from home and of food away from home for all individuals are shown below.

Nutrient densities of food from home and away from home

Nutrients	Nutrient per 1,000 kcal	
	Food from home	Food away from home
Protein (g)................	41.6	37.0
Fat (g)....................	44.7	42.8
Carbohydrate (g)...........	107.5	111.3
Calcium (mg)...............	423	412
Iron (mg)..................	7.3	6.8
Magnesium (mg).............	144	216
Phosphorus (mg)............	649	644
Vitamin A value (IU).......	3,294	2,068
Thiamin (mg)	.73	.53
Riboflavin (mg)	.99	.82
Preformed niacin (mg)......	10.5	11.5
Vitamin B_6 (mg)...........	.81	.60
Vitamin B_{12} (mcg)..........	2.88	2.38
Vitamin C (mg).............	52	30

Food from home had lower protein and fat densities than food away from home in diets of children 6 to 8 and adults 65 years and over. The carbohydrate densities of intakes of food from home were higher than those of food away from home for children 6 to 8 and adults 51 years and older. Calcium and phosphorus densities were lower for food from home compared to food away from home for school-age children and men 35 to 64 years. Phosphorus densities were less for food from home compared to food away from home for women 35 to 64 years and over 74 years. Iron densities were greater for food away from home for men and women 35 to 64 years and men over 74 years. Magnesium densities were greater for food from home through age 22 for males and through age 18 for females. Most age groups of adults had higher magnesium densities for away-from-home foods. Average densities of all vitamins studied were usually higher for food from home than for food away from home for all sex-age groups except for preformed niacin in diets of men over 22 and women over 18 years of age.

Nutrient Intakes by Special Groups

INFANTS

Infants discussed in this section were under 1 year of age. Data for 421 infants appear in tables 1 to 8 along with data for other sex-age groups and exclude data for infants who were completely or partially breast fed (N = 103). Of all infants (N = 524 including breast-fed), 80 percent were white and 14 percent were black (table 9.3). As income level increased from under $6,000 to $16,000 and over, the percentage of white infants increased (from 48 to 90 percent) and the percentage of black infants decreased (from 38 to 5 percent). Only 11 percent of the infants were in the lowest income group, and 29 percent were in the highest income group. Of infants living in central cities, 32 percent were black; while only 4 percent of infants in suburban areas and 9 percent of infants in nonmetropolitan areas were black (table 9.5).

Milk and milk products were the greatest contributors of food energy and all nutrients except iron, preformed niacin, and vitamin C in the diets of infants (tables 1.01 to 1.15-3). This food group supplied 63 to 76 percent of infants' protein, fat, calcium, phosphorus, riboflavin, and vitamin B_{12}; 46 to 57 percent of food energy, magnesium, vitamin A value, thiamin, and vitamin B_6; and 29 to 44 percent of carbohydrate, iron, preformed niacin, and vitamin C. Grain products supplied the largest proportion of infants' iron and preformed niacin (46 and 44 percent, respectively), while fruits and vegetables contributed the highest proportion of vitamin C (50 percent).

Infants had the highest average iron intake (17.5 mg) of all sex-age groups (table 2A-1). They had the lowest average intakes of all other nutrients except calcium, vitamin A value, riboflavin, and vitamin C.

Infants' average intakes exceeded RDA for all nutrients studied (table 3A). Magnesium, phosphorus, vitamin A value, thiamin, vitamin B_{12}, and vitamin C intakes were more than twice the RDA, and riboflavin intake was more than three times the RDA. The percentages of RDA for food energy and for protein for infants tended to decrease as income level increased (tables 3B to 3E). For all other nutrients except vitamin A and vitamin C, infants living in families earning $10,000 to $15,999 had larger percentages of RDA than did infants at other income levels. Infants from households with incomes of less than $6,000 had the lowest percentage of RDA for two of four minerals and five of seven vitamins. Among urbanizations, suburban infants had the highest percentages of RDA for 8 of the 13 nutrients studied (tables 3G to 3I). Black infants had higher percentages of RDA than did white infants for all nutrients except calcium, magnesium, phosphorus, and vitamin C (tables 3J and 3K).

The nutrient densities of infants' diets were greater than those of all other sex-age groups for half of the nutrients studied. These nutrients were calcium, iron, phosphorus, vitamin A value, thiamin, riboflavin, and vitamin C (table 4-1).

Eating frequency was four or more times per day in over 90 percent of the infants' 1-day dietary reports. Nearly 27 percent of infants' 1-day dietary reports showed an eating frequency of five times a day, 24 percent indicated six times, and 20 percent four times (table 7A).

PREGNANT AND LACTATING FEMALES

Nutrient intake data were compiled separately for females who were reported to be pregnant or lactating (appendix F, tables 1 to 3). There were 288 pregnant and 132 lactating females in the survey. None were reported to be both pregnant and lactating.

Average intakes by pregnant females met the RDA for riboflavin, preformed niacin, vitamin B_{12}, and vitamin C, while average intakes by lactating females met the RDA for protein, phosphorus, vitamin A, riboflavin, and vitamin B_{12}. Nutrient densities for calcium, iron, magnesium, phosphorus, riboflavin, and vitamin B_6 were greater for most groups of pregnant or lactating females 15 to 50 years of age than for all females in those age groups.

For 10 of 14 nutrients, pregnant females 15 to 18 and 35 to 50 years old had intakes that were smaller than the intakes of all females (pregnant and nonpregnant) in those age groups. For nearly all nutrients, lactating females 15 to 50 years had intakes that were equal to or greater than those of all females (lactating and nonlactating) in those age groups.

VEGETARIANS

Survey participants were asked, "Are you a vegetarian?" Those answering "yes" to this question (appendix M, question 23) were considered vegetarians. Summaries of the nutrient content of the diets of 464 vegetarians and 35,671 nonvegetarians in 10 sex-age groups are presented in tables 4 to 9 of appendix F. The seven participants who did not answer this question are not included.

Four of the vegetarian women were pregnant and five were lactating; all nine were in the 19- to 34-year-old age group. Mean heights of the sex-age groups of vegetarians were similar to the mean heights of their nonvegetarian counterparts, but vegetarians generally had lower mean weights.

Vegetarians had higher energy intakes than nonvegetarians in all sex-age groups except women over age 34, whose energy intake was only 72 percent of their RDA. The energy intake of vegetarian women age 19 to 34 years was 78 percent of their RDA. Other sex-age groups of vegetarians had energy intakes that were 89 to 99 percent of RDA.

Protein intakes of vegetarians were generally lower than those of nonvegetarians, but intakes of all sex-age groups of vegetarians met RDA. Fat intakes of vegetarians were generally lower and carbohydrate intakes higher than those of nonvegetarians. Compared to nonvegetarians, vegetarians had a slightly lower percentage of their food energy coming from protein (15.5 versus 16.6 percent) and fat (37.6 versus 40.6 percent) and a considerably greater percentage of energy coming from carbohydrate (47.3 versus 42.6 percent). Nutrient sources of food energy for vegetarians and nonvegetarians are shown below.

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Nutrient sources of food energy for vegetarians and nonvegetarians

Sex and age (years)	Individuals	Protein	Fat	Carbohydrate	Other
	Vegetarians				
	Number	Percent			
Males and females:					
Under 3	18	15.2	38.1	45.3	2.9
3-8	34	15.0	37.5	49.2	.1
Males:					
9-18	20	14.5	38.2	48.8	0
19-34	49	14.8	35.9	49.6	1.3
35-64	45	16.0	37.1	47.3	.5
65 and over	25	15.5	36.3	49.1	.7
Females:					
9-11	31	14.7	39.7	46.8	(1)
19-34	113	15.2	37.6	46.4	2.2
35-64	83	16.7	38.6	45.3	.4
65 and over	47	16.1	36.7	48.6	(1)
All individuals	464	15.5	37.6	47.3	1.0
	Nonvegetarians				
	Number	Percent			
Males and females:					
Under 3	1,438	15.8	37.3	46.4	1.6
3-8	3,526	15.6	38.1	47.2	.1
Males:					
9-18	3,462	15.9	39.8	45.0	.2
19-34	3,697	16.6	41.5	40.4	2.0
35-64	4,686	16.9	42.6	38.8	2.2
65 and over	1,490	16.6	40.8	42.3	1.3
Females:					
9-18	3,600	15.8	39.4	45.6	.1
19-34	5,082	16.8	40.9	41.6	1.2
35-64	6,609	17.3	41.7	40.5	1.2
65 and over	2,080	17.0	39.3	44.3	.5
All individuals	35,671	16.6	40.6	42.6	1.1

[1] Less than 0.05 but greater than 0.

All sex-age groups of vegetarians had higher calcium intakes than nonvegetarians did. The calcium density of their diets was also higher, except for boys 9 to 18 years of age. Vegetarian females age 9 to 18 and over 34 years had calcium intakes that were 72 to 87 percent of RDA; intakes of other sex-age groups exceeded RDA for calcium. Vegetarians also had higher intakes of the other minerals studied--iron, magnesium, and phosphorus--except for women over age 34. Iron intakes of vegetarian children and males of all ages met the RDA; however, iron intakes of females were 61 to 88 percent of RDA. If it can be assumed that vegetarians have less heme iron in their diets than nonvegetarians do, the iron in vegetarian diets may not be absorbed as well as the iron in nonvegetarian diets. Vegetarians had higher intakes of magnesium than nonvegetarians, and their diets had higher magnesium densities; but intakes of only four sex-age groups met RDA for magnesium. Intakes of all sex-age groups met RDA for phosphorus.

Vegetarians had higher intakes of vitamin A value than nonvegetarians, and their diets had higher vitamin A densities. Intakes by all sex-age groups exceeded RDA for vitamin A. Vegetarians' intakes of thiamin, riboflavin, and vitamin B_6 generally exceeded those of nonvegetarians in all sex-age groups except children 3 to 8 and women over 34 years. Vegetarians' vitamin B_{12} intakes generally were lower than those of nonvegetarians.

Intakes of vegetarians in all sex-age groups met RDA for thiamin, riboflavin, niacin, and vitamin B_{12} except for women over 64 years. Few sex-age groups had intakes that met RDA for vitamin B_6. Vegetarian diets had vitamin B_6 densities that were similar to or greater than the vitamin B_6 densities of nonvegetarian diets.

Vitamin C intakes of vegetarians generally exceeded those of nonvegetarians, and the vitamin C density of vegetarian diets was similar to or higher than the vitamin C density of nonvegetarian diets. Intakes by all sex-age groups exceeded RDA for vitamin C.

Nutritive Contribution of Food Obtained and Eaten Away From Home

The proportions of individuals eating away from home and the percentage contributions of food obtained and eaten away from home to total nutrient intakes are presented in tables 5A to 5P. Sixty-two percent of all respondents obtained and ate some food or beverage away from home at least once during the 3-day period reported.

Generally, larger proportions of males than of females the same age reported eating away from home, and differences were greatest between the ages of 23 and 64 years (fig. 10). That relationship held, with few exceptions, at all income levels, in all urbanizations, for both white and black racial groups, and in all seasons.

The percentage of children eating away from home was directly related to age. Among males, away-from-home eating peaked for 12- to 14-year-old boys (79 percent) and again for 23- to 34-year-old men (79 percent). Among females, the highest proportion eating away from home was in the 9- to 14-year-old group (76 percent). Proportions of adults over 34 years eating away from home varied inversely with age. Only 27 percent of individuals over age 75 ate away from home.

For all individuals, food obtained and eaten away from home contributed an average of 17 percent of energy and of each of the energy-providing nutrients. Proportions of energy from away-from-home food ranged from 6 percent for adults over 74 years of age to 25 percent for 23- to 34-year-old men (fig. 11). For all individuals, an average of 16 to 17 percent of mineral intakes and 14 to 16 percent of vitamin intakes came from away-from-home food.

BY INCOME

Of individuals in households with incomes under $6,000, 43 percent reported eating away from home at least once during the 3 days surveyed. The percentages were higher at successively higher income levels, with 72 percent of individuals in households with incomes $16,000 and over reporting food away from home. The association of income and away-from-home eating was much stronger among adults than among school-age children.

BY URBANIZATION

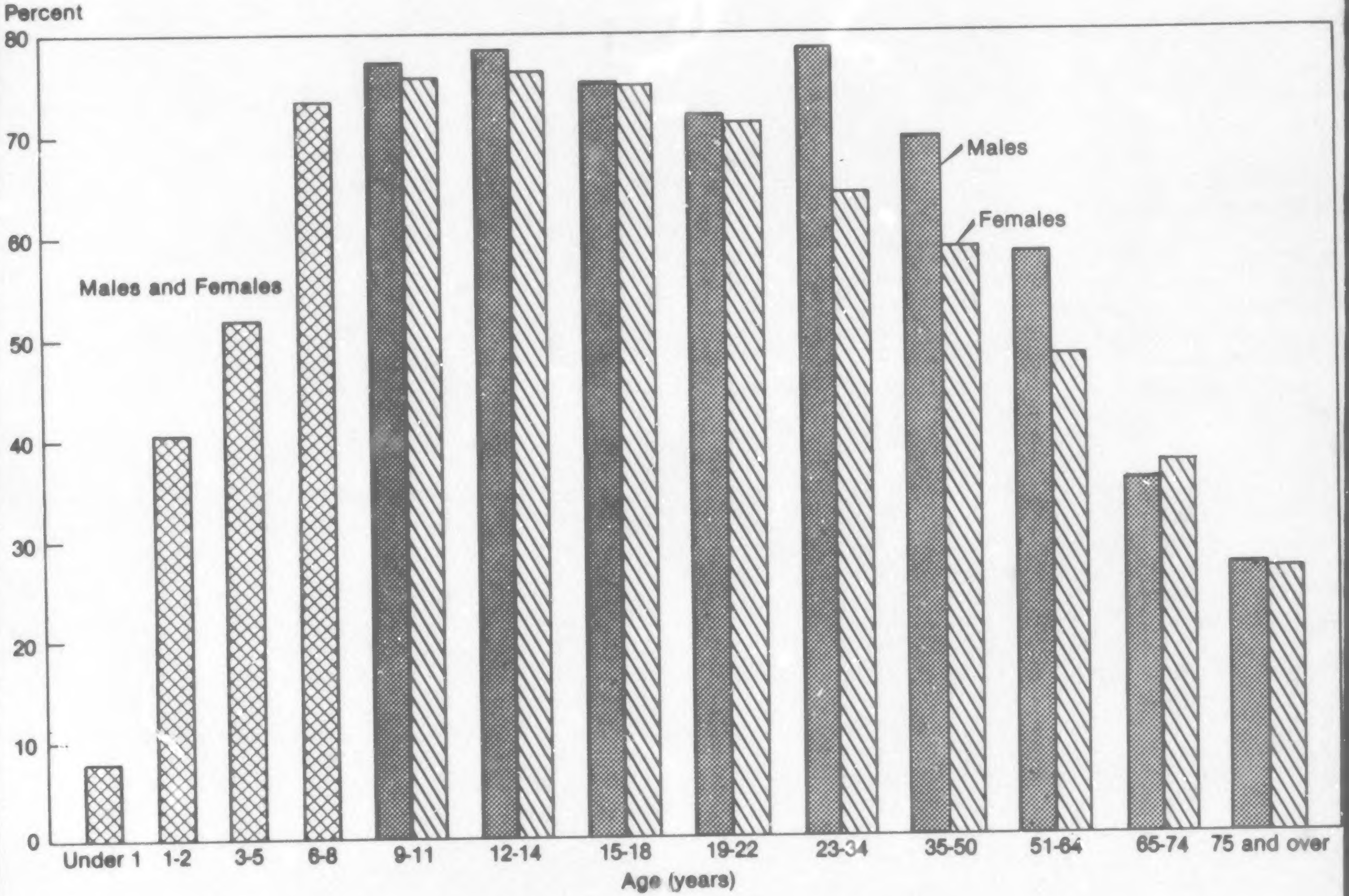
A higher proportion of individuals living in suburban areas (65 percent) reported eating away from home than did persons living in central cities (58 percent) and in nonmetropolitan areas (61 percent). For most sex-age groups, proportions of individuals eating away from home were highest in suburban areas.

BY RACE

Away-from-home eating was more prevalent among whites (64 percent) than among blacks (49 percent). This difference was seen in all sex-age groups but was smallest among children 6 to 14 years old.

Figure 10

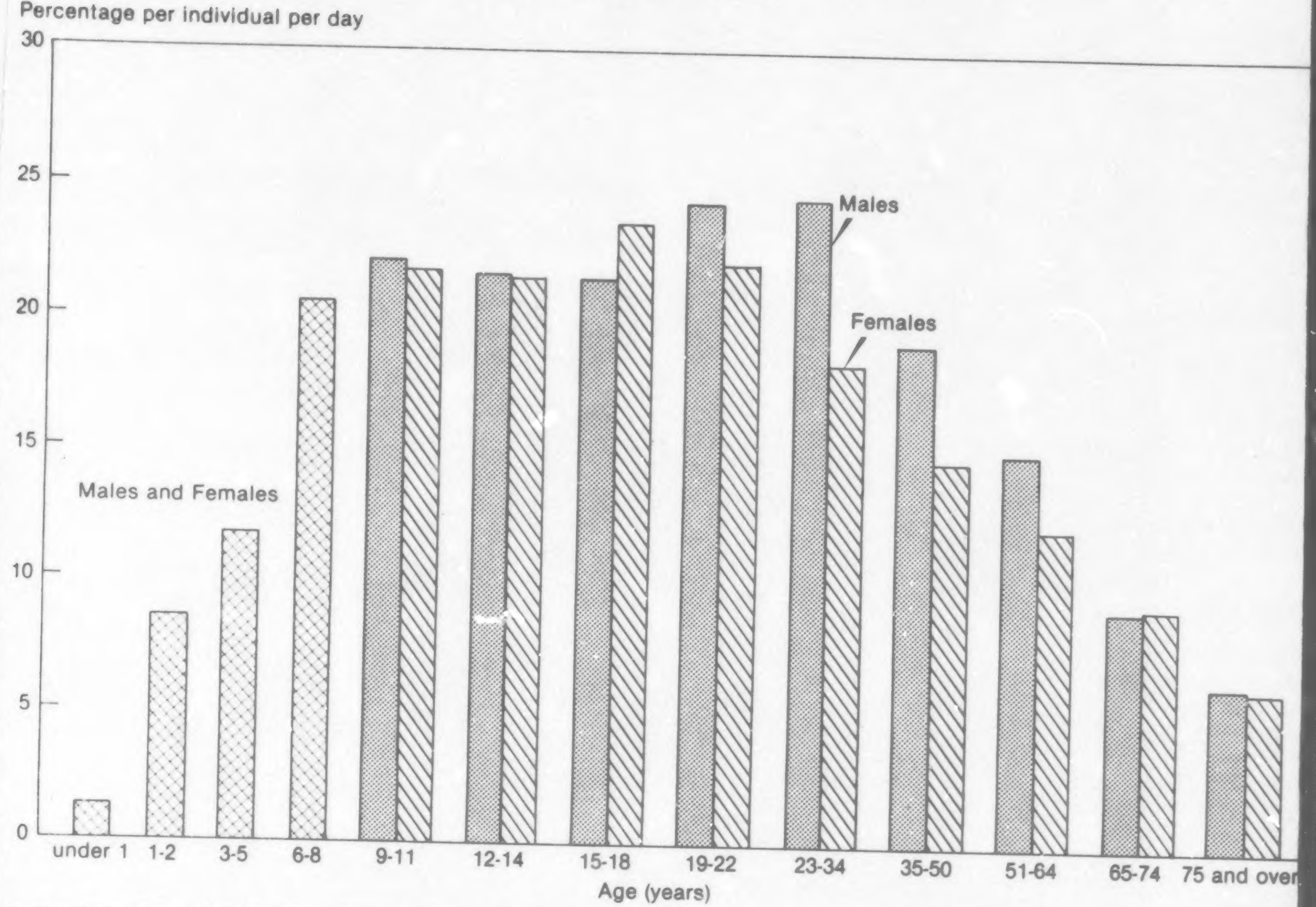
Individuals Obtaining and Eating Food Away From Home



Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Figure 11

Food Energy From Food Obtained and Eaten Away From Home



Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

BY SEASON

From season to season, percentages of individuals eating away from home varied slightly, ranging from 59 percent in summer to 64 percent in fall. However, a much larger proportion of children and teenagers age 6 to 18 years reported eating away from home in the fall and winter (78 to 88 percent) than in the summer (57 to 71 percent). Only slight seasonal differences were found in away-from-home eating among adults over 18 years of age, except for women 75 years and over. Considerably fewer women in that age group ate away from home during the winter (16 percent) than during the other seasons (26 to 34 percent).

The average contribution of food eaten away from home to nutrient intakes was generally proportional to the prevalence of away-from-home eating during each season. In fall, winter, and spring, away-from-home foods provided a slightly greater proportion of calcium than of other nutrients among children age 6 to 14 years.

Eating Occasions

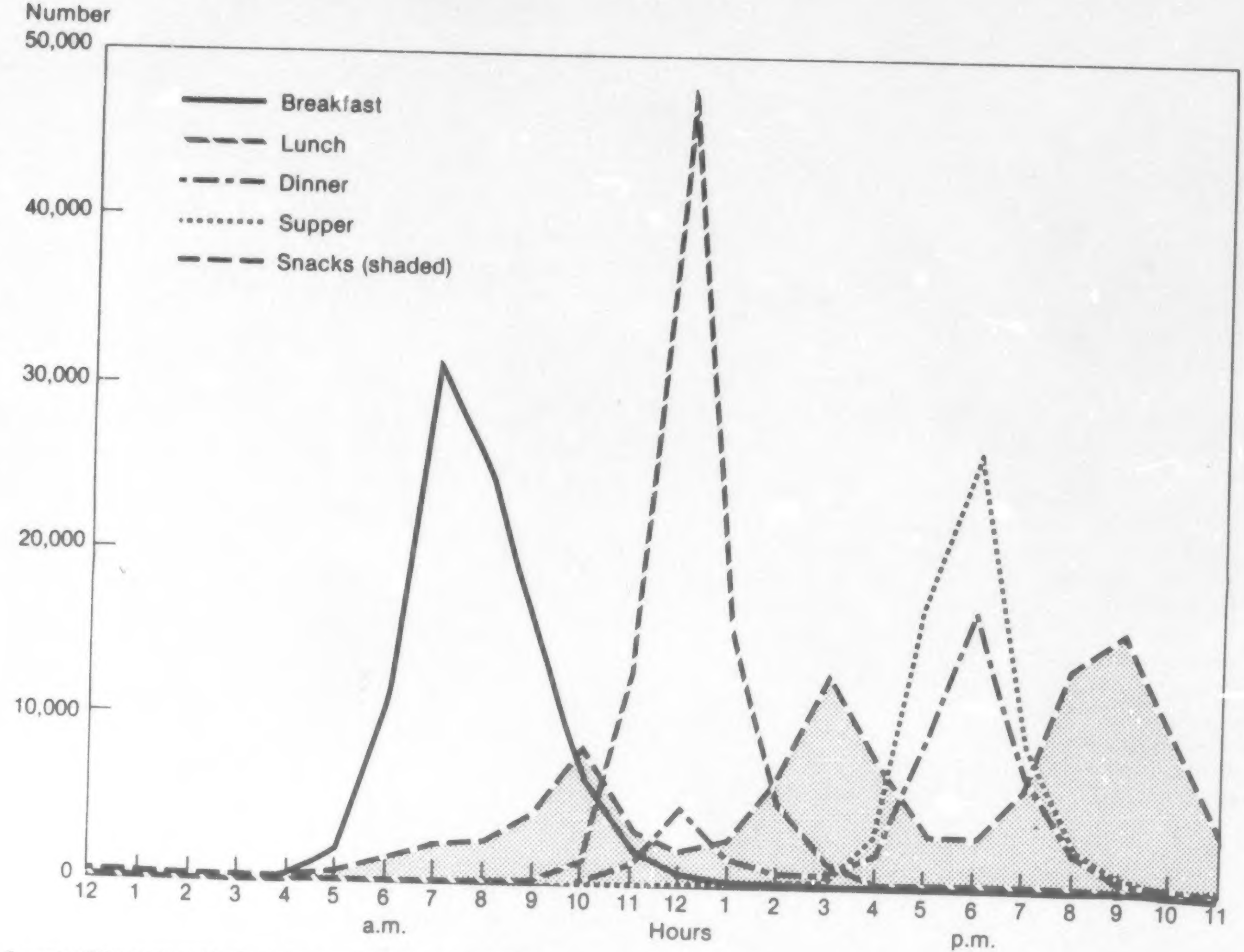
Participants in the survey were asked what they usually called each eating occasion reported (appendix M, question 2). The percentage of individuals reporting an eating occasion, as shown in tables 6.1 to 6.6, refers to individuals reporting at least one such occasion during the 3 days surveyed. Most individuals reported meals by traditional names--breakfast, lunch, dinner, supper, and snacks. However, 13 percent of the individuals listed other names for eating occasions such as "buffet," "picnic," and "party." Those eating occasions were tabulated as "other eating occasions."

Some individuals reported having more than one breakfast, lunch, dinner, or supper during 1 day (table 8). For example, it is possible that a homemaker reported three breakfasts, perhaps eaten in stages with different household members (such as spouse, school children, and preschoolers) at different times. All eating occasions with the same name reported by one individual in the same day were considered together in computations. Calculations of nutrient intakes per day from specified eating occasions (meals or snacks) included only days on which that particular eating occasion was reported. Infants are excluded from this discussion because their meals were often called feedings or were not differentiated by name.

Data on eating occasions also include frequency of eating per day (table 7A to 7P) as well as frequencies of each eating occasion (table 8); time of eating (appendix G, table 1; fig. 12); source of food consumed at all eating occasions and at each type of eating occasion (appendix G, tables 2 to 8); companionship at eating occasions (appendix G, tables 9 to 15); place where away-from-home food was obtained and the type of service provided (appendix G, tables 16 to 22); and companionship at eating occasions away from home (appendix G, table 23).

Figure 12

Time of Day of Eating Occasions



Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

PERCENTAGE OF DAY'S NUTRIENTS FROM SPECIFIED EATING OCCASIONS

Breakfast

Nearly 94 percent of all individuals reported eating breakfast at least once during the 3 days surveyed (table 6.1). Breakfast for breakfast-eaters generally provided about one-fifth (21 percent) of the day's food energy, slightly less of the day's protein and fat (18 percent), and more of the day's carbohydrate (25 percent) (fig. 13). Children under 6 years and adults over 64 years generally obtained above average proportions of energy and energy-yielding nutrients from breakfast, and adults 35 to 50 years the smallest proportions.

Breakfast provided a larger proportion of the day's mineral and vitamin intakes for all individuals (22 to 30 percent) than of the day's food energy. Of the day's intake, close to one-third of four nutrients (calcium, thiamin, riboflavin, and vitamin C), about one-fourth of five nutrients (iron, magnesium, phosphorus, vitamin A value, and vitamin B_{12}), and about one-fifth of two nutrients (preformed niacin and vitamin B_6) came from breakfast. Breakfast tended to provide higher proportions of the day's intakes of minerals and vitamins for children, teenagers, and older adults than for adults age 23 to 64 years, with some exceptions for magnesium. Children's breakfasts generally provided over one-third of the day's intake of four vitamins (vitamin A value, thiamin, riboflavin, and vitamin C).

Lunch

Of all individuals, 91 percent reported lunch (including brunch) at least once during the 3-day period (table 6.2). Lunch for lunch-eaters provided about one-third of the day's food energy and most nutrients studied; vitamin A value and vitamin C from lunch were about one-fourth of the day's intake (27 and 25 percent, respectively) (fig. 13). Young children 1 to 5 tended to obtain smaller proportions of their nutrient intakes from lunch than did older groups.

Dinner

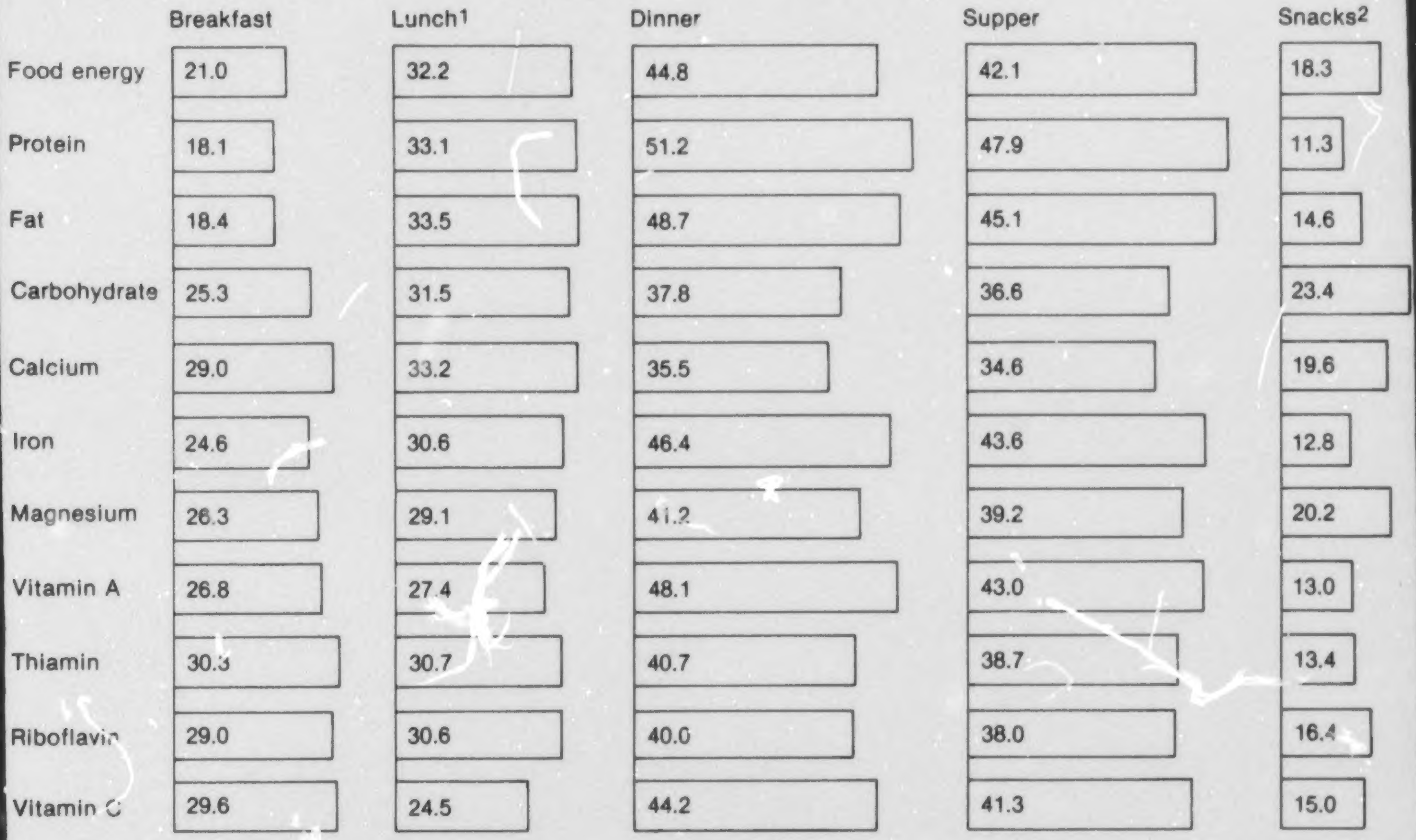
Dinner was reported as a midday meal as well as an evening meal, but most often as the latter (fig. 12). Of all individuals, 58 percent reported having dinner at least once in 3 days (table 6.3). Dinner supplied an average of 45 percent of the day's food energy for dinner-eaters and close to one-half of the protein (51 percent) and fat (49 percent) but considerably less of the carbohydrate (38 percent) (fig. 13). The average proportion of the day's energy and energy-yielding nutrients generally increased for each successively older age group until peaking for adults 35 to 50 years. For these adults, well over one-half of the day's protein (55 and 56 percent) and fat (52 and 54 percent) came from dinner.

Dinner provided nearly one-half (46 percent) of the day's iron, a little less of the phosphorus (44 percent), two-fifths of the magnesium (41 percent), and a little over one-third of the calcium (36 percent).

Figure 13

Nutrient Contribution of Eating Occasions

Percentage per individual reporting specified eating occasion per day



[1] Includes brunch.

[2] Includes coffee and beverage breaks.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Children under 15 years received about one-fourth to one-third of their calcium from dinner and about one-third to two-fifths of the other three minerals. Generally, teenage girls and adults 19 to 64 years obtained about one-half of their iron and phosphorus, well over two-fifths of their magnesium, and nearly two-fifths of their calcium from dinner. Adults over 64 years received a lower proportion of the day's intake of minerals from dinner than did younger adults.

For dinner-eaters, about one-half of the day's intake of three vitamins--vitamin A value, preformed niacin, and vitamin B_6--came from dinner, as did about two-fifths of the day's intake of the other four vitamins studied. Generally, the proportion of the day's vitamins from dinner was higher for adults 23 to 64 years than that for children and older adults.

Supper

Over-two-thirds (69 percent) of the individuals reported supper at least once in 3 days (table 6.4). For supper-eaters, supper supplied 42 percent of the day's energy, 48 percent of the protein, 45 percent of the fat, and 37 percent of the carbohydrate, slightly less than what dinner-eaters obtained from dinner (fig. 13). Adults 19 to 64 years generally obtained a higher proportion of energy (44 to 48 percent), protein (49 to 54 percent), fat (46 to 51 percent), and carbohydrate (38 to 41 percent) from supper than younger and older groups did, with peak values for 35- to 50-year-olds.

About two-fifths (38 to 44 percent) of the day's intakes of three minerals (iron, magnesium, and phosphorus) and of five vitamins (vitamin A value, thiamin, riboflavin, vitamin B_{12}, and vitamin C) came from supper for individuals reporting this meal. Just over one-third (35 percent) of the day's calcium and close to one-half of the day's preformed niacin (45 percent) and vitamin B_6 (47 percent) came from supper. Adults 23 to 64 years generally obtained higher proportions of the day's minerals and vitamins from super than did other age groups.

Snacks

Of the individuals reporting dietary intakes for 3 days, 77 percent reported at least one snack (including coffee and beverage breaks) during that period (table 6.5). Only one snack was reported on 31 percent of the 1-day dietary reports, two snacks on 16 percent, three snacks on 7 percent, and four or more snacks on 5 percent (table 8). For snackers, 18 percent of the day's energy came from snacks. Snacks contributed a considerably higher proportion of carbohydrate (23 percent) than of protein (11 percent) or fat (15 percent) (fig. 13).

Preschool (1 to 5 years), teenage (12 to 18 years), and post-teenage (19 to 22 years) snackers obtained one-fifth or slightly more (20 to 22 percent) of their day's food energy from snacks, while the average proportion for other groups of snackers was less (14 to 19 percent). The day's average proportion of protein (12 to 16 percent), fat (16 to 19 percent), and carbohydrate (25 to 28 percent) from snacks was also greatest for snackers in those age groups.

In the diets of snackers, snacks provided one-fifth (20 percent) of the day's calcium and magnesium, and a lower proportion of the iron (13 percent) and phosphorus (16 percent); snacks provided 12 percent (vitamin B_6 and vitamin B_{12}) to 16 percent (riboflavin) of the vitamins studied. Age groups of snackers who tended to receive the greatest proportion of their day's minerals and vitamins from snacks were the 1- to 2- and 15- to 22-year-olds.

FREQUENCY OF EATING

Each respondent was asked to report the time at which he or she began each eating occasion (appendix M, question 1). Each different time was assumed to indicate a different eating occasion. Frequency of eating by infants is discussed in the section on infants. The percentage of 1-day diets with 1 to 13 or more eating occasions was tabulated for all individuals and 22 sex-age groups by income level, by urbanization, by race, and by season (tables 7A to 7P).

Three times per day was the most frequent pattern found (39 percent), followed by four times (28 percent) and five times (15 percent). Ninety-five percent of all dietary reports showed between two and six eating occasions per day. Three times per day was the most frequent eating pattern for all sex-age groups in all four income categories, with the exception of children under age 12 in families with incomes over $16,000; for those children, four times per day was the most frequently reported eating pattern.

The percentage of 1-day dietary reports showing two or three eating occasions per day was less at successively higher income levels, while reports showing four, five, or six eating occasions were more numerous at higher income levels.

For all sex-age groups in all urbanizations, with the exception of suburban children age 3 to 11, the frequency of eating was most often three times per day. Four times per day was the frequency most often found for 3- to 11-year-old suburban children and the second most often reported frequency for all other sex-age groups in all three urbanizations. A smaller proportion of suburban individuals' 1-day dietary reports (34 percent) showed an eating pattern of three times per day, compared with dietary reports of those individuals living in central cities (42 percent) and nonmetropolitan areas (42 percent). A greater percentage of suburban respondents' 1-day dietary reports showed four and five eating occasions per day (29 and 17 percent, respectively), compared with dietary reports of central-city (27 and 13 percent) and nonmetropolitan individuals (26 and 14 percent).

While three times per day was the most frequently reported eating pattern for both blacks and whites, a much larger proportion of the dietary reports of blacks (54 percent) than of whites (37 percent) exhibited this eating pattern. Also, more of the dietary reports of blacks (16 percent) than of whites (6 percent) showed an eating frequency of twice per day. Conversely, a greater percentage of the dietary reports of whites revealed an eating pattern of four, five, or six times per day (29, 16, and 7 percent, respectively) compared to those of black respondents (20, 6, and 2 percent).

Breakfast was reported on 87 percent of the 1-day reports of individuals providing 3 days of dietary information (table 8). The 1-day dietary reports of children under 12 years and adults 65 years and over showed the largest percentages of breakfasts eaten (94 to 99 percent), while the dietary reports of 19 to 34-year-old men (74 and 75 percent) and women (70 and 76 percent) showed the smallest percentages.

Lunch, including brunch, was reported on 79 percent of the 1-day dietary reports. (Some midday meals were called dinner, as indicated in fig. 12.) Only 63 percent of the 1-day dietary reports of men 75 years and over indicated lunch, while 85 to 89 percent of the 1-day dietary reports of children under 12 years showed this meal.

Dinner was reported on 45 percent of the 1-day dietary reports. The 1-day reports of boys age 9 to 14 years showed the fewest dinners (38 percent), and the reports by the oldest individuals (over age 74) showed the most (52 and 54 percent).

Supper was reported on 57 percent of the 1-day reports. The age groups reporting supper most often were children under 15 years and men over 64 years.

Snacks, including coffee and beverage breaks, were reported on 59 percent of the 1-day dietary reports. The most days without snacks were reported by adults over 74 years (53 and 59 percent for men and women, respectively). The fewest days without snacks were for the 1- to 2-year-olds (31 percent).

TIME OF DAY EATING OCCASIONS BEGAN

The hour during which the largest proportion of eating occasions occurred was noon to 12:59 p.m. (13 percent), as shown in fig. 12 and appendix G, table 1. Of the four 6-hour time periods in the day, noon through 5:59 p.m. accounted for 37 percent of eating occasions; 6:00 a.m. through 11:59 a.m., 32 percent; and 6:00 p.m. through 11:59 p.m., 30 percent. The peak time for breakfast was 7:00 through 7:59 a.m.; for lunch, 12 noon through 12:59 p.m.; for dinner and supper, 6:00 through 6:59 p.m.; and for snacks, 9:00 through 9:59 p.m.

SOURCE OF FOOD

Foods consumed at each eating occasion were designated as (1) from the home food supply, (2) obtained and eaten away from home, or (3) from a combination of both sources (appendix M, question 7). Foods from the home supply were either eaten at home or carried from home and eaten elsewhere. An example of an eating occasion with foods from both sources is a lunch consisting of a sandwich carried from home and a beverage purchased at work.

Of all the eating occasions reported, 79 percent consisted of food eaten at home, 16 percent of food obtained and eaten away from home, 4 percent of food carried from home and eaten elsewhere, and 1 percent of food carried from home combined with food obtained and eaten elsewhere (appendix G, table 2). Men 35 to 50 years had the largest proportion of eating occasions with food carried from home and eaten elsewhere (7 percent), and men 23 to 34 years had the largest proportion with food obtained away from home (27 percent). Most breakfasts were eaten at home (93 percent), as were most suppers (89 percent). Almost 9 percent of the lunches were carried from home. About one-fifth (19 percent) of the snacks were obtained away from home.

COMPANIONSHIP AT EATING OCCASIONS

Participants were asked to tell with whom they ate for each eating occasion (appendix M, question 3). Of all eating occasions reported, about one-half (51 percent) were shared with one or more household members, and 4 percent were shared with both household and nonhousehold members (appendix G, tables 9 to 15).

At 29 percent of the eating occasions, the participant ate alone.

Proportionately more of the snacks and breakfasts (45 and 34 percent, respectively) were eaten alone than were other meals, while proportionately more suppers and dinners (83 and 79 percent, respectively) were eaten with household members or with household members and nonmembers. Almost one-third (30 percent) of lunches were eaten with nonhousehold members while one-fourth were eaten alone.

EATING OCCASIONS AWAY FROM HOME

Place of Eating

Participants were asked to tell where they obtained food that was not from the home food supply (appendix M, question 8). Restaurants and places at work (20 and 19 percent, respectively) accounted for the highest proportions of eating occasions with all food obtained and eaten away from home, as shown below.

Adults over 34 years were more likely than younger persons to report restaurants as the place from which they obtained away-from-home food (31 to 39 percent of eating occasions for men, 28 to 33 percent for women) (appendix G, table 16). At school and at someone else's home were the next most frequent (16 percent), followed by fast food places (13 percent). Places where food was obtained for specific meals and snacks away from home are shown below. (Because of rounding, percentages may not add to 100 percent.)

Type of Service

Participants were asked to tell what type of service was used to deliver food or beverage that was obtained

Places where food was obtained for eating occasions away from home

Eating occasion	Restaurant	Fast food place	At work	At school	Store	Someone else's home	Other	Not reported
	Percent							
Breakfasts.....	29	8	21	13	3	19	7	2
Lunches........	20	15	12	34	2	9	6	3
Dinners........	39	14	5	6	1	25	8	2
Suppers........	33	21	6	1	1	28	8	3
Snacks.........	8	9	35	6	9	18	14	3
Others.........	13	6	20	6	5	23	24	3
All occasions..	20	13	19	16	4	16	10	3

and eaten away from home other than at someone else's home (appendix M, question 9). The type of service reported in over two-thirds of such eating occasions was cafeteria (28 percent), counter (21 percent), or table service (20 percent). The percentage of eating occasions with all food obtained and eaten away from home (excluding someone else's home) with the type of service reported for all individuals is shown below.

Service used to deliver food at eating occasions away from home

Type of service	Percentage of eating occasions
Cafeteria	27.7
Counter	21.0
Table	19.8
Vending machine	7.7
Carryout	7.5
Car	1.2
Other	10.6
Combination	1.5
Not reported	3.1

For school-age children, cafeteria service was the delivery system most frequently reported for eating occasions with food obtained outside of homes (36 to 64 percent) (appendix G, table 17). For adults over 22 years, table service was generally the most popular (22 to 48 percent); the older the individuals, the more popular was table service. Vending machines and carryout services were more popular with 19- to 34-year-olds than with other age groups. The type of service used at restaurants was most frequently table service (68 percent); at fast food places, counter service (53 percent) and carryout (22 percent); at work, cafeteria (27 percent), vending machine (25 percent), and other (30 percent); at school, cafeteria service (77 percent); and at stores, counter (37 percent) and carryout (36 percent) (appendix G, tables 18 to 22).

Companionship at Eating Occasions Away From Home

Of the approximately 66,800 eating occasions consisting of food obtained and eaten away from home, 52 percent were shared with nonhousehold members, 18 percent were eaten alone, 15 percent were shared with household members, and 12 percent were shared with both household and nonhousehold members, as shown below. Proportionately more away-from-home eating occasions of school-age children (6 to 18 years) than of individuals in other sex-age groups were shared with nonhousehold members (63 to 69 percent) (appendix G, table 23). For individuals 19 to 74 years, eating alone away from home was much more prevalent among men (21 to 30 percent of eating occaions away from home) than among women (15 to 18 percent). Proportionately more away-from-home breakfasts (29 percent) and snacks (25 percent) were eaten alone than were other eating occasions.

Person(s) with whom meals and snacks were eaten

Eating occasion	Alone	With household (members)	With non-household (members)	With both household and non-(member(s)	Not reported
	Percent				
Breakfasts	29	13	49	8	1
Lunches	14	11	66	7	1
Dinners	10	30	35	24	2
Suppers	11	36	31	22	2
Snacks	25	11	51	11	3
Others	11	6	31	15	37
All occasions	18	15	52	12	3

Factors Associated With Dietary Intakes

Dietary intakes by individuals vary from day to day because of the variety and quantity of foods eaten, but intakes may also be affected by a number of other factors. In the NFCS 1977-78, participants were asked about some of those factors--typicalness of reported diets, use of special diets and their sources, influence of several physical and attitudinal factors on food intake, use of nutritional supplements, and amount of drinking water consumed. (Results are tabulated in appendix H, tables 1 to 4).

TYPICALNESS OF DAY'S INTAKE

Each participant was asked if the day's intake reported was typical of the participant's usual intake for that day of the week (appendix M, question 15). Slightly over four-fifths (83 percent) of all days reported were stated to be typical, and 65 percent of individuals did not report any atypical days (appendix H, table 1).

After age 11, proportionately more females than males of corresponding ages reported atypical intakes. "Illness" was the reason given for 11 percent of all atypical intakes; among elderly women, 25 percent of atypical intakes were due to illness. Reasons given more often were "social occasions" (15 percent) and "not enough time to eat" (16 percent). For almost one-half (46 percent) of atypical days, food intake was atypical because of other reasons or no reason was reported.

INDIVIDUALS ON SPECIAL DIETS

Each participant was asked, "Are you on a special diet?" (appendix M, question 20). In answer to that question, 12 percent of the individuals reported they were on special diets (appendix H, table 2). Over one-half (54 percent) of those on special diets were on a diet prescribed by a doctor; as age advanced, a progressively higher proportion of individuals were on doctor-prescribed diets (over 80 percent of those 75 years and over). Males, more often than females, cited doctors as prescribing their special diets. About 6 percent of those on a special diet said it was from a group program, and 10 percent had read or heard about their diet elsewhere. Another 10 percent described their diet as self-prescribed.

FACTORS AFFECTING INDIVIDUALS' FOOD INTAKES

Participants were asked to indicate which of a list of factors affected their food intakes (appendix M, question 24). Of all individuals reporting 3-day dietary intakes, 9 percent were on a diet to lose weight (appendix H, table 3). Of men over 18 years, 7 percent were on this type of diet, and of women, 16 percent were. The peak age for dieting to lose weight among males was 51 to 64 years (9 percent) and among females it was 35 to 50 years (19 percent). Less than 1 percent of participants were on a diet to gain weight.

Dislike of certain foods was the factor cited most often as affecting food intake (20 percent). This factor was mentioned by a higher proportion of individuals under 23 years (23 to 32 percent) than of those 23 years and over (12 to 21 percent). Sixteen percent of all individuals disliked eating early in the morning, with 23- to 35-year-olds most likely to report this factor. The factor "some foods do not agree with me" was cited by 9 percent of all individuals; and the older the group, the greater the tendency to indicate its influence (up to 16 percent of men over 74 years and 21 percent of women 65 to 74). Seven percent had a medical problem affecting food intake, and such problems were much more prevalent among adults over 64 years (16 to 18 percent of men and 24 percent of women). Having a chewing problem was reported by 2 percent of all individuals. Among those over 74 years, 14 percent of the men and 9 percent of the women reported this problem.

USE OF VITAMIN AND MINERAL SUPPLEMENTS

Participants were asked about use of vitamin and mineral supplements, but the amount consumed of each supplement was not requested (appendix M, question 21). Therefore, nutritional supplements were not included in the nutrient intakes reported. Of all individuals, 64 percent did not use vitamin or mineral supplements, 35 percent reported they did, and 1 percent did not answer the question, as shown below. Infants, children 1 to 5 years, and women over 74 years were the most regular users. Teenagers were the least likely to use supplements. As age advanced, there was a greater tendency to use supplements.

Of all the individuals reporting use of supplements, the largest proportion (43 percent) used multiple vitamins, and the next largest proportion (28 percent) used multiple vitamins and minerals. Vitamin C was reported for 21 percent of those using supplements, vitamin E by 12 percent, iron by 11 percent, and B vitamins by 10 percent (appendix H, table 4).

DRINKING WATER

Respondents were asked if they drank water on the days they reported their food intake. If they answered "yes," they were asked how many cups (8 fluid ounces each) they drank during the day (appendix M, question 12). Only individuals who answered the question on all 3 days surveyed (74.1 percent) were included in the calculation of the averages and medians. Individuals who reported they did not drink any water were included as drinking zero cups. Of the 26,767 individuals answering the question, 10 percent reported drinking "no water" on all 3 days. The average and median intakes per day by all individuals were 3.3 cups and 2.8 cups, respectively, as shown below.

Use of vitamin and mineral supplements

Sex and age (years)	Do not use	Use regularly	Use irregularly	Use--regularity not specified	Not reported
	------------	------------	Percent	------------	------------
Males and females:					
Under 1	50.7	44.9	1.6	1.1	1.8
1-2	46.5	44.4	6.3	1.0	1.9
3-5	51.1	39.0	7.5	.5	1.9
6-8	60.8	28.4	8.5	.7	1.6
Males:					
9-11	68.1	22.4	8.2	.2	1.1
12-14	76.8	14.4	7.0	.2	1.7
15-18	78.6	11.7	8.2	.1	1.3
19-22	76.4	15.2	7.0	.6	.7
23-34	71.7	19.1	8.0	.6	.7
35-50	72.0	20.6	6.3	.5	.6
51-64	65.4	26.6	5.9	.8	1.3
65-74	64.0	26.6	6.7	.9	1.8
75 and over	66.8	26.0	5.2	.6	1.4
Females:					
9-11	68.9	20.1	8.2	.4	2.3
12-14	71.7	16.7	9.7	.5	1.3
15-18	70.6	18.2	9.7	.3	1.3
19-22	63.5	24.8	9.6	.8	1.4
23-34	57.5	30.7	9.8	.6	1.3
35-50	60.3	29.7	8.4	.5	1.2
51-64	58.8	31.8	7.2	1.0	1.1
65-74	59.3	33.7	4.8	.9	1.3
75 and over	55.3	36.3	4.9	2.1	1.5
All individuals ..	64.0	26.4	7.7	.6	1.3

Drinking water drunk per individual per day

Sex and age (years)	Individuals	Individuals reporting no water	Average	Standard deviation	Median
	Number	Percent		Cups	
Males and females:					
Under 1	213	51.6	1.4	0.8	1.1
1-2	765	10.5	2.1	1.3	1.8
3-5	1,338	7.1	2.5	1.4	2.1
6-8	1,418	6.3	2.6	1.4	2.2
Males:					
9-11	706	8.2	2.8	1.5	2.4
12-14	894	4.9	3.4	1.9	2.3
15-18	1,057	6.1	3.8	2.2	3.3
19-22	789	7.5	3.9	2.2	3.4
23-34	1,889	13.4	3.8	2.7	3.1
35-50	1,839	12.5	3.9	2.8	3.3
51-64	1,646	9.1	3.9	2.4	3.3
65-74	848	7.3	4.1	2.6	3.4
75 and over	390	5.9	3.9	2.4	3.3
Females:					
9-11	768	5.7	2.8	1.6	2.4
12-14	847	6.6	3.1	1.8	2.7
15-18	1,028	10.0	3.0	1.7	2.7
19-22	887	13.8	3.2	2.1	2.8
23-34	2,624	15.8	3.1	1.8	2.6
35-50	2,723	11.7	3.2	1.9	2.7
51-64	2,337	8.6	3.6	2.3	3.1
65-74	1,140	6.3	3.6	2.0	3.1
75 and over	621	8.5	3.2	1.9	2.9
All individuals ..	26,767	10.1	3.3	2.1	2.8

Physical Characteristics of Individuals

HEIGHT AND WEIGHT

Heights and weights of individuals were self-reported. Average heights and weights of the individuals in the 22 sex-age groups are found in appendix I, table 1. Men 23 to 34 years had the highest average height (70.2 inches). For females, the 19- to 22-year-olds had the highest average height (64.4 inches). Individuals over 50 years were slightly shorter than younger people. Average weights, among [illegible], were greatest for the 35- to 50-year-olds ([illegible]9 pounds); among women, average weights were greatest for the 51- to 64-year-olds (147 pounds). Men and women 75 years and over had average weights 10 pounds lower than those of the 65- to 74-year-olds.

HEALTH STATUS

Individuals were asked to describe their health as excellent, good, fair, or poor. Results are found in appendix I, table 2. Excellent or good health status was reported by 47 and 41 percent, respectively. Few individuals thought their health was fair (10 percent) or poor (2 percent). Over 90 percent of males and females under 35 years old reported excellent or good health. However, only 14 to 16 percent of the men and women 65 years and over reported excellent health; in those age groups, more individuals perceived their health as good (40 to 50 percent) or fair (28 to 31 percent), and 8 to 14 percent felt their health was poor.

DISABILITY STATUS

Of all individuals, 11 percent reported having a physical disability or handicap that limited their activities (appendix I, table 2). Among boys and girls 18 years and under and women 19 to 34 years, only 5 percent or less reported handicaps. Of men 19 to 50 years and women 35 to 50 years, 7 to 10 percent were handicapped. Percentages increased greatly in older groups. Twenty-two percent of 51- to 64-year-olds, 28 to 30 percent of 65- to 74-year-olds, and 40 to 41 percent of men and women 75 years and over reported handicaps or disabilities.

Characteristics of Households and Individuals

Information on household income and on the age, employment status, and education of the male and female heads of household was provided by the household respondent. The interviewer recorded the race of the household respondent based on observation; all members of the household were assigned that race. Ethnic origin was determined by asking the household respondent, "What is your origin or descent?" Responses were classified as Hispanic or not; all members of the household were assigned the same ethnic origin. The region and urbanization of the household were part of the household identification code based on census definitions. All the tables in this section (tables 9.1 to 9.6) include breast-fed infants and children who were excluded in tables 1.01-1 to 8. Counts and percentages in the tables reflect application of weighting factors as described in appendix C. Because rounding occurs at each aggregation, parts may not add to totals.

MALE AND FEMALE HEADS OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION

For about half of all individuals surveyed, the male head of household was 35 to 64 years of age. One-fourth of the individuals were in a household with a male head 20 to 34 years old. Almost a tenth lived in a household with a male head 65 years or over. Of all individuals, 16 percent reported no male head of household. About three-fifths of the individuals were in a household that had a male head employed full time, compared with 5 percent part time, and 17 percent not employed. The educational level of the male head of household was elementary school or less for 13 percent of all individuals, some high school for 12 percent, high school completed for 28 percent, and some college or higher for 32 percent. Just over half of all individuals were in a household with a female head 35 to 64 years old, and about one-third were in a household with a female head 20 to 34 years old.

The female head was 65 years or over in the households of 8 percent of the individuals. No female head of household was reported for 4 percent of all individuals. The female head of household was employed full time for 25 percent of the individuals, part time for 15 percent, and not employed for 57 percent. The educational background of the female head was elementary school or less for 12 percent of all individuals, some high school for 16 percent, high school completed for 40 percent, and some college or higher for 28 percent.

RACE AND ETHNIC ORIGIN

The distribution by race of the 36,255 individuals surveyed was similar to that estimated by the U.S. Bureau of the Census for July 1977 (52). In the NFCS 1977-78, 83.6 percent of the individuals participating in the individual intake survey were white, 12.4 percent were black, and 3.8 percent were of another race. The census estimates identify 86.6 percent of the population as white, 11.6 percent as black, and 1.8 percent as of another race.

The distributions by age for blacks and whites differ. These distributions and how they compare to census estimates are shown below.

Age (years)	Whites		Blacks	
	NFCS	Census estimates	NFCS	Census estimates
	Percent			
Under 19	32.0	30.6	41.5	39.5
19-22	6.2	7.5	7.4	8.6
23-50	36.4	36.2	31.1	33.5
51 and over ..	25.4	25.7	20.0	18.4

In the NFCS 1977-78, nearly half (49.5 percent) of all individuals of Hispanic descent were white, 3.5 percent were black, and the balance were classified as of another race. Hispanics comprised 5.7 percent of all individuals and approximately two-thirds (69.7 percent) of individuals classified as of another race. Results are similar to those reported in the 1980 Census of Population (52). Census population estimates for 1977 have been modified to make them consistent with racial classifications used in the 1970 Census of Population when all Hispanics were classified as white or black.

HOUSEHOLD INCOME AND RACE

Nearly one-third of individuals were in households with incomes of $16,000 or more; of that group, 92 percent were white and 6 percent were black. At higher levels of income, the proportions of whites were larger and those of blacks were smaller, as shown below. (Income categories were chosen to be comparable to those in the 1965 survey.)

Household income	All individuals Number	Whites	Blacks
		----Percent---	
Under $6,000	4,030	64.5	29.4
$6,000-$9,999	4,264	77.4	15.0
$10,000-$15,999	7,319	85.6	10.7
$16,000 and over ...	11,667	91.7	5.7
Not reported	8,975	83.1	13.5
All incomes	36,255	83.6	12.4

Among individuals under 65 years of age, the largest proportions (26 to 47 percent) were in households with incomes of $16,000 and over. Of the oldest individuals, the largest proportions (24 to 40 percent) were in households with incomes under $6,000.

REGION AND RACE

Almost one-third of the individuals surveyed lived in the South, about one-fourth in the Northeast, just over one-fourth in the North Central region, and less than one-fifth in the West, as shown below. (See appendix A for the States in each region.) The percentage of whites was about the same (85 to 90 percent) in all regions except the South (74 percent). The percentage of blacks was highest in the South (23 percent) and lowest in the West (5 percent). The proportion of respondents who were of another race was very low except in the West (10 percent).

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Region	Individuals				
	Number	Percent	White	Black	Other
			------	Percent	------
Northeast	8,894	24.5	87.4	8.1	4.3
North Central ..	9,757	26.9	90.0	8.4	1.2
South	11,226	31.0	74.2	23.4	2.4
West	6,378	17.6	85.2	5.1	9.6
All regions	36,255	100.0	83.6	12.4	3.8

URBANIZATION AND RACE

Of all individuals surveyed, nearly two-fifths lived in suburban areas, one-third in nonmetropolitan areas, and slightly less than one-third in central cities, as shown below. Whites accounted for about nine-tenths of suburban and nonmetropolitan residents and for two-thirds of central-city dwellers. The proportion of blacks was highest in central cities (28 percent).

Urbanization	Individuals				
	Number	Percent	White	Black	Other
			------	Percent	-----
Central cities ...	10,487	28.9	66.4	27.7	5.6
Suburban areas ...	13,781	38.0	91.4	4.9	3.6
Nonmetropolitan areas	11,988	33.1	89.9	7.6	2.4
All urbanizations	36,255	100.0	83.6	12.4	3.8

Among individuals under 65 years of age, the largest proportions lived in suburban areas. Among the oldest individuals, relatively more resided in nonmetropolitan areas.

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HOUSEHOLD SIZE

The largest proportion of individuals (23 percent) lived in households of four members, but nearly as many (21 percent) lived in two-member households. For 18 percent of individuals, households had more than five members. Household size was three members for 17 percent of individuals, five members for 15 percent, and one member for 6 percent. Among sex-age groups, women over 50 years and men over 64 years had the highest percentages in one-member households (10 to 43 percent). Two-member households were most frequent among men and women over 50 years (37 to 69 percent). The highest proportion of boys and girls 9 to 18 years belonged to households of more than five members (35 to 41 percent).

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GUIDE TO TABLE NUMBERING SYSTEM

Tables are identified by a series of alphanumeric characters.

The first digit refers to the type of data presented:

1	Nutritive contributions by major food groups
2	Nutritive value of food intake
3	Nutritive value of food intake as a percentage of 1980 RDA
4	Nutritive value of food intakes per 1,000 kilocalories
5	Nutritive contribution of food obtained and eaten away from home
6	Nutritive value of eating occasions
7	Frequency of eating
8	Frequency of each eating occasion

The letter refers to a demographic characteristic of the sample or to a season:

A	All incomes, all urbanizations, all races, all seasons
B	Income under $6,000
C	Income $6,000 to $9,999
D	Income $10,000 to $15,999
E	Income $16,000 and over
F	Income not reported
G	Central cities
H	Suburban areas
I	Nonmetropolitan areas
J	Whites
K	Blacks
L	Other races
M	Spring
N	Summer
O	Fall
P	Winter

The number following the hyphen refers to the source of the food:

-1	All food
-2	Food obtained and eaten away from home
-3	Food from home

TABLE 1.01-1.--FOOD ENERGY
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	57.2	6.7	1.0	5.5	12.3	1.2	9.2
1-2.............	4/1,035	100.0	24.9	20.3	2.9	2.8	24.9	2.6	5.1
3-5.............	1,719	100.0	20.1	21.4	2.3	3.4	28.7	2.3	3.3
6-8.............	1,841	100.0	20.3	22.1	1.6	3.3	29.0	2.1	3.2
MALES:									
9-11............	939	100.0	18.9	23.9	1.7	3.1	29.3	1.8	2.6
12-14...........	1,150	100.0	18.4	24.6	1.7	2.9	29.5	1.7	2.2
15-18...........	1,394	100.0	16.7	27.6	2.1	2.6	27.8	1.6	1.7
19-22...........	1,030	100.0	12.6	32.0	2.3	2.2	25.2	1.6	1.6
23-34...........	2,716	100.0	11.0	31.8	2.5	2.3	24.9	1.7	1.7
35-50...........	2,571	100.0	9.6	33.5	2.9	2.4	24.6	1.7	2.1
51-64...........	2,161	100.0	10.6	32.5	3.0	2.2	24.7	2.2	3.0
65-74...........	1,049	100.0	11.7	29.3	3.2	2.1	26.5	2.2	3.9
75 AND OVER.....	465	100.0	12.1	28.0	3.9	2.0	27.7	2.1	4.5
FEMALES:									
9-11............	1,011	100.0	19.4	22.7	1.6	3.2	29.3	2.1	3.0
12-14...........	1,148	100.0	17.9	24.8	1.6	2.7	28.7	2.0	2.6
15-18...........	1,473	100.0	15.7	27.5	1.7	2.2	26.3	2.1	2.1
19-22...........	1,317	100.0	13.0	29.4	2.4	2.5	24.3	2.4	2.3
23-34...........	3,879	100.0	11.9	30.3	2.4	2.2	24.2	2.4	2.5
35-50...........	3,759	100.0	10.2	32.2	2.9	2.1	24.4	2.5	2.7
51-64...........	2,936	100.0	10.9	31.0	2.7	2.1	24.4	3.1	4.1
65-74...........	1,376	100.0	12.3	28.4	2.7	1.6	26.3	3.5	4.7
75 AND OVER.....	751	100.0	14.1	25.2	2.7	1.6	28.0	2.9	5.4
ALL INDIVIDUALS...	4/36,142	100.0	14.3	28.4	2.4	2.4	25.8	2.2	3.0

Continued--

TABLE 1.01-1.--FOOD ENERGY
PERCENTAGE FROM 14 FOOD GROUPS[1] PER INDIVIDUAL PER DAY,[2] 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.9	1.1	2.7	0.3	1.0	0.9	0.0
1-2..............	.3	4.4	2.2	2.4	3.0	4.1	(5)
3-5..............	.3	4.4	2.0	3.2	3.8	4.8	(5)
6-8..............	.3	4.9	2.4	3.0	3.5	4.3	(5)
MALES:							
9-11.............	.3	5.2	2.3	3.0	3.5	4.4	(5)
12-14............	.4	5.2	2.3	3.2	3.4	4.5	(5)
15-18............	.3	5.6	2.4	3.2	2.8	5.4	.3
19-22............	.3	5.7	2.6	3.3	2.3	6.2	2.0
23-34............	.4	5.5	2.8	4.2	2.5	5.3	3.4
35-50............	.5	5.1	3.4	4.7	2.6	3.6	3.4
51-64............	.6	4.7	3.8	5.0	2.8	2.4	2.5
65-74............	.9	4.6	3.7	4.8	3.3	2.0	1.8
75 AND OVER......	.9	4.2	3.5	4.8	3.3	1.9	1.2
FEMALES:							
9-11.............	.3	5.0	2.6	3.2	3.4	4.4	(5)
12-14............	.3	5.4	2.4	3.0	3.5	5.2	(5)
15-18............	.4	5.6	2.5	3.9	3.1	6.6	.2
19-22............	.4	5.0	3.0	4.6	2.6	6.8	1.3
23-34............	.5	4.9	3.5	5.0	2.7	5.9	1.7
35-50............	.7	4.6	3.8	5.2	2.8	4.3	1.4
51-64............	.9	4.4	4.4	5.1	2.6	3.0	1.3
65-74............	1.1	4.2	4.5	5.0	2.9	2.4	.6
75 AND OVER......	1.1	4.1	4.0	5.3	3.1	2.0	.4
ALL INDIVIDUALS...	.5	4.8	3.2	4.2	2.9	4.4	1.3

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[1] SEE "TABLE NOTES," APPENDIX B.
[2] BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
[3] PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
[4] EXCLUDES BREAST-FED INFANTS.
[5] VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.01-2.--FOOD ENERGY
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.3	0.6	0.2	(5)	(5)	0.2	(5)	0.1
1-2..............	4/1,035	8.5	1.7	2.1	0.1	0.2	2.0	0.1	.3
3-5..............	1,719	11.6	2.4	2.8	.2	.3	3.0	.2	.4
6-8..............	1,841	20.5	5.0	5.0	.1	.5	5.2	.3	.8
MALES:									
9-11.............	939	22.0	4.9	5.7	.1	.6	5.5	.3	.8
12-14............	1,150	21.5	4.8	5.6	.1	.4	5.7	.2	.6
15-18............	1,394	21.4	3.9	6.6	.1	.3	5.0	.2	.4
19-22............	1,030	24.1	2.4	8.5	.3	.3	5.2	.2	.2
23-34............	2,716	24.4	2.2	8.2	.5	.3	5.5	.2	.2
35-50............	2,571	18.9	1.5	7.0	.5	.3	4.2	.1	.1
51-64............	2,161	14.8	1.3	5.6	.3	.2	3.3	.1	.2
65-74............	1,049	8.9	.7	3.4	.1	.1	2.1	.1	.1
75 AND OVER......	465	6.2	.6	2.3	.1	.1	1.4	(5)	.2
FEMALES:									
9-11.............	1,011	21.7	5.6	5.0	.1	.6	5.6	.2	.9
12-14............	1,148	21.4	4.8	5.5	.1	.4	5.4	.2	.6
15-18............	1,473	23.5	3.8	6.7	.2	.3	5.7	.2	.4
19-22............	1,317	21.9	2.3	7.3	.2	.3	4.6	.2	.2
23-34............	3,879	18.3	1.7	6.1	.3	.2	4.3	.2	.2
35-50............	3,759	14.6	1.4	5.0	.3	.2	3.[illegible]	.2	.2
51-64............	2,936	12.0	1.0	4.1	.2	.1	3.1	.1	.2
65-74............	1,376	9.1	.7	3.4	.1	.1	2.3	.1	.2
75 AND OVER......	751	6.1	.7	2.2	(5)	.1	1.6	.1	.1
ALL INDIVIDUALS...	4/36,142	17.0	2.3	5.4	.2	.3	4.0	.2	.3

Continued--

TABLE 1.01-2.--FOOD ENERGY
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	0.1	0.1	(5)	(5)	(5)	0.0
1-2.............	(5)	.7	.2	0.2	0.3	0.6	.0
3-5.............	(5)	.8	.2	.2	.4	.8	(5)
6-8.............	0.1	1.2	.6	.3	.6	.8	(5)
MALES:							
9-11............	.1	1.4	.7	.4	.7	.9	(5)
12-14...........	.1	1.4	.5	.4	.7	1.1	.0
15-18...........	(5)	1.6	.4	.4	.6	1.8	.1
19-22...........	.1	1.9	.4	.5	.6	2.5	.9
23-34...........	.1	1.6	.6	.9	.6	2.1	1.4
35-50...........	.1	1.2	.6	.8	.5	1.1	1.0
51-64...........	.1	.9	.6	.7	.3	.6	.6
65-74...........	.1	.6	.4	.4	.2	.2	.4
75 AND OVER.....	(5)	.5	.3	.2	.1	.1	.1
FEMALES:							
9-11............	.1	1.2	.7	.4	.6	.8	.0
12-14...........	(5)	1.5	.5	.3	.7	1.3	(5)
15-18...........	(5)	1.8	.6	.6	.8	2.2	.1
19-22...........	.1	1.4	.5	.9	.6	2.3	.9
23-34...........	.1	1.1	.6	.8	.4	1.6	.7
35-50...........	.1	.9	.5	.8	.4	.9	.5
51-64...........	.1	.7	.6	.6	.3	.5	.4
65-74...........	.1	.6	.5	.4	.2	.2	.1
75 AND OVER.....	.1	.4	.3	.3	.1	.2	.1
ALL INDIVIDUALS...	.1	1.1	.5	.6	.4	1.1	.5

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.01-3.--FOOD ENERGY
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY.2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.7	56.6	6.5	1.0	5.5	12.0	1.2	9.0
1-2..............	4/1,035	91.5	23.3	18.2	2.8	2.6	22.9	2.5	4.8
3-5..............	1,719	88.4	17.7	18.6	2.1	3.0	25.7	2.1	2.9
6-8..............	1,841	79.5	15.4	17.2	1.5	2.7	23.8	1.8	2.4
MALES:									
9-11.............	939	78.0	14.0	18.2	1.5	2.5	23.8	1.6	1.8
12-14............	1,150	78.5	13.6	18.9	1.6	2.5	23.9	1.5	1.6
15-18............	1,394	78.6	12.8	21.0	2.0	2.3	22.7	1.4	1.3
19-22............	1,030	75.9	10.2	23.5	2.1	1.9	19.9	1.4	1.5
23-34............	2,716	75.6	8.7	23.6	2.0	2.0	19.4	1.5	1.5
35-50............	2,571	81.1	8.1	26.5	2.4	2.1	20.4	1.5	2.0
51-64............	2,161	85.2	9.3	26.9	2.7	2.0	21.3	2.1	2.9
65-74............	1,049	91.1	10.9	25.9	3.1	2.0	24.3	2.1	3.8
75 AND OVER......	465	93.8	11.4	25.7	3.7	1.9	26.4	2.1	4.3
FEMALES:									
9-11.............	1,011	78.3	13.8	17.7	1.5	2.6	23.6	1.8	2.1
12-14............	1,148	78.6	13.2	19.4	1.5	2.3	23.2	1.8	2.0
15-18............	1,473	76.5	12.0	20.8	1.6	1.9	20.6	1.8	1.7
19-22............	1,317	78.1	10.7	22.1	2.2	2.2	19.7	2.1	2.1
23-34............	3,879	81.7	10.2	24.2	2.1	1.9	19.9	2.2	2.3
35-50............	3,759	85.4	8.9	27.2	2.5	1.9	21.1	2.4	2.6
51-64............	2,936	88.0	10.0	26.9	2.6	2.0	21.3	3.0	3.9
65-74............	1,376	90.9	11.6	24.9	2.6	1.5	24.0	3.4	4.5
75 AND OVER......	751	93.9	13.5	23.0	2.7	1.5	26.4	2.8	5.3
ALL INDIVIDUALS...	4/36,142	83.0	12.0	23.1	2.2	2.2	21.8	2.1	2.7

Continued--

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TABLE 1.01-3.--FOOD ENERGY
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.9	1.0	2.6	0.3	1.0	0.8	0.0
1-2.............	.3	3.7	2.0	2.3	2.7	3.5	(5)
3-5.............	.3	3.7	1.8	2.9	3.3	4.1	(5)
6-8.............	.3	3.7	1.8	2.6	2.9	3.5	(5)
MALES:							
9-11............	.2	3.7	1.6	2.6	2.9	3.5	(5)
12-14...........	.3	3.8	1.8	2.9	2.7	3.5	(5)
15-18...........	.3	4.0	1.9	2.9	2.2	3.6	.2
19-22...........	.3	3.8	2.2	2.7	1.7	3.7	1.1
23-34...........	.3	3.9	2.2	3.3	1.9	3.1	2.0
35-50...........	.4	3.9	2.7	3.9	2.2	2.5	2.4
51-64...........	.5	3.8	3.2	4.2	2.5	1.8	2.0
65-74...........	.9	4.0	3.3	4.4	3.1	1.9	1.4
75 AND OVER.....	.9	3.7	3.2	4.6	3.2	1.7	1.1
FEMALES:							
9-11............	.3	3.8	1.9	2.8	2.8	3.6	(5)
12-14...........	.3	3.9	1.9	2.7	2.8	3.9	(5)
15-18...........	.4	3.9	1.9	3.2	2.4	4.4	.1
19-22...........	.3	3.6	2.5	3.7	2.0	4.5	.4
23-34...........	.5	3.8	2.9	4.2	2.3	4.3	1.0
35-50...........	.6	3.8	3.3	4.4	2.4	3.4	1.0
51-64...........	.8	3.7	3.8	4.5	2.2	2.5	.9
65-74...........	.9	3.6	4.0	4.6	2.7	2.2	.5
75 AND OVER.....	1.0	3.8	3.7	5.1	2.9	1.9	.4
ALL INDIVIDUALS...	.5	3.7	2.7	3.6	2.5	3.2	.9

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.02-1.--PROTEIN

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	62.9	13.0	1.6	5.9	9.9	0.5	1.4
1-2.............	4/1,035	100.0	32.7	34.9	4.5	3.3	17.3	1.2	.8
3-5.............	1,719	100.0	26.9	38.0	3.7	4.1	20.3	1.1	.6
6-8.............	1,841	100.0	26.7	39.4	2.6	3.9	20.2	1.0	.6
MALES:									
9-11............	939	100.0	24.0	42.0	2.7	3.7	20.6	.9	.5
12-14...........	1,150	100.0	23.2	42.8	2.7	3.6	20.9	.8	.4
15-18...........	1,394	100.0	20.9	46.6	3.2	3.1	19.2	.8	.3
19-22...........	1,030	100.0	15.7	52.9	3.6	2.6	17.9	.8	.3
23-34...........	2,716	100.0	13.8	53.7	3.9	2.8	18.0	.9	.3
35-50...........	2,571	100.0	11.5	55.7	4.4	2.9	17.1	.9	.4
51-64...........	2,161	100.0	12.8	54.6	4.6	2.6	16.5	1.1	.6
65-74...........	1,049	100.0	14.8	50.1	5.2	2.6	17.9	1.1	.8
75 AND OVER.....	465	100.0	15.2	47.6	6.3	2.5	19.1	1.1	.9
FEMALES:									
9-11............	1,011	100.0	25.0	40.2	2.6	3.9	20.7	1.1	.6
12-14...........	1,148	100.0	22.4	43.9	2.5	3.3	20.3	1.1	.5
15-18...........	1,473	100.0	19.9	48.2	2.8	2.7	18.8	1.1	.4
19-22...........	1,317	100.0	16.4	50.7	3.7	3.2	17.8	1.2	.5
23-34...........	3,879	100.0	15.4	52.0	3.7	2.7	17.4	1.2	.5
35-50...........	3,759	100.0	12.9	54.1	4.3	2.7	16.9	1.3	.5
51-64...........	2,936	100.0	13.9	52.6	4.2	2.5	16.7	1.6	.9
65-74...........	1,376	100.0	15.8	48.9	4.3	1.9	18.3	1.7	1.0
75 AND OVER.....	751	100.0	18.2	45.0	4.4	2.1	20.0	1.5	1.0
ALL INDIVIDUALS...	4/36,142	100.0	18.1	48.7	3.8	3.0	18.1	1.1	.6

Continued--

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TABLE 1.02-1.--PROTEIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	0.7	0.6	3.2	(5)	0.2	0.1	0.0
1-2.............	.3	2.1	2.2	0.1	.5	.1	(5)
3-5.............	.3	2.1	2.0	.1	.5	.1	(5)
6-8.............	.3	2.3	2.2	.1	.6	.1	(5)
MALES:							
9-11............	.3	2.5	2.1	.1	.6	.1	(5)
12-14...........	.3	2.4	2.1	.1	.5	.1	(5)
15-18...........	.3	2.6	2.1	.1	.5	.1	.1
19-22...........	.3	2.6	2.3	.1	.3	.1	.3
23-34...........	.4	2.6	2.5	.2	.3	.2	.5
35-50...........	.5	2.5	2.9	.2	.3	.2	.5
51-64...........	.6	2.4	3.2	.2	.3	.2	.3
65-74...........	.8	2.4	3.3	.2	.3	.2	.2
75 AND OVER.....	.8	2.4	3.4	.2	.3	.2	.1
FEMALES:							
9-11............	.3	2.4	2.4	.1	.6	.1	(5)
12-14...........	.3	2.6	2.2	.1	.8	.1	(5)
15-18...........	.3	2.7	2.3	.1	.6	.2	(5)
19-22...........	.4	2.4	2.7	.2	.4	.3	.1
23-34...........	.6	2.4	3.1	.2	.3	.3	.2
35-50...........	.7	2.3	3.2	.2	.4	.3	.1
51-64...........	.8	2.3	3.7	.2	.3	.3	.1
65-74...........	.9	[illegible]	4.0	.2	.4	.3	(5)
75 AND OVER.....	.9	[illegible]	3.6	.2	.4	.3	(5)
ALL INDIVIDUALS...	.5	[illegible]	2.8	.2	.4	.2	.2

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.02-2.--PROTEIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.3	0.7	0.3	(5)	(5)	0.2	(5)	(5)
1-2.............	4/1,035	8.1	2.0	3.6	0.2	0.2	1.4	0.1	(5)
3-5.............	1,719	10.9	2.8	4.7	.2	.4	2.0	.1	0.1
6-8.............	1,841	20.8	6.1	8.6	.2	.6	3.7	.1	.1
MALES:									
9-11............	939	22.2	5.9	9.6	.2	.7	4.0	.1	.1
12-14...........	1,150	21.4	5.5	9.6	.1	.5	4.2	.1	.1
15-18...........	1,394	20.7	4.5	10.6	.2	.3	3.6	.1	.1
19-22...........	1,030	23.1	2.8	13.9	.4	.4	3.[illegible]	.1	(5)
23-34...........	2,716	22.9	2.5	13.7	.7	.3	4.0	.1	(5)
35-50...........	2,571	18.5	1.6	11.6	.7	.3	2.8	.1	(5)
51-64...........	2,161	14.7	1.4	9.4	.5	.2	2.1	.1	(5)
65-74...........	1,0[illegible]	9.3	.8	6.0	.2	.1	1.4	(5)	(5)
75 AND OVER.....	465	6.8	.7	4.2	.2	.1	.8	(5)	(5)
FEMALES:									
9-11............	1,011	21.7	6.6	8.6	.2	.7	4.1	.1	.1
12-14...........	1,148	20.7	5.4	9.3	.1	.5	3.9	.1	.1
15-18...........	1,473	22.6	4.3	11.6	.3	.4	4.3	.1	.1
19-22...........	1,317	21.0	2.6	12.4	.3	.4	3.6	.1	(5)
23-34...........	3,879	17.4	1.9	10.5	.4	.3	3.0	.1	(5)
35-50...........	3,759	14.1	1.4	8.6	.5	.2	2.2	.1	(5)
51-64...........	2,936	11.9	1.0	7.4	.3	.2	2.0	.1	(5)
65-74...........	1,376	9.6	.7	6.2	.2	.1	1.4	.1	(5)
75 AND OVER.....	751	6.8	.8	4.2	.1	.2	1.0	.1	(5)
ALL INDIVIDUALS...	4/36,142	16.6	2.6	9.2	.3	.3	2.8	.1	.1

Continued--

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TABLE 1.02-2.--PROTEIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	0.1	0.1	0.0	0.0	(5)	0.0
1-2.............	(5)	.3	.2	(5)	.1	(5)	.0
3-5.............	(5)	.3	.2	(5)	.1	(5)	(5)
6-8.............	0.1	.5	.5	(5)	.2	(5)	(5)
MALES:							
9-11............	.1	.7	.5	(5)	.2	(5)	(5)
12-14...........	.1	.6	.4	(5)	.2	(5)	.0
15-18...........	(5)	.7	.3	(5)	.2	(5)	(5)
19-22...........	.1	.8	.3	(5)	.1	(5)	.1
23-34...........	.1	.7	.5	.1	.1	(5)	.2
35-50...........	.1	.5	.5	(5)	.1	(5)	.1
51-64...........	(5)	.4	.4	(5)	(5)	(5)	.1
65-74...........	(5)	.3	.3	(5)	(5)	(5)	.1
75 AND OVER.....	(5)	.3	.3	(5)	(5)	(5)	(5)
FEMALES:							
9-11............	(5)	.6	.6	(5)	.2	(5)	.0
12-14...........	(5)	.6	.4	(5)	.2	(5)	(5)
15-18...........	(5)	.8	.4	(5)	.2	(5)	(5)
19-22...........	.1	.7	.4	(5)	.2	0.1	.1
23-34...........	.1	.5	.4	.1	.1	(5)	.1
35-50...........	.1	.4	.4	.1	.1	(5)	(5)
51-64...........	.1	.3	.4	(5)	.1	(5)	(5)
65-74...........	.1	.3	.3	(5)	.1	(5)	(5)
75 AND OVER.....	.1	.2	.2	(5)	(5)	(5)	(5)
ALL INDIVIDUALS...	.1	.5	.4	(5)	.1	(5)	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.02-3.--PROTEIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.7	62.3	12.7	1.6	5.9	9.7	0.5	1.4
1-2..............	4/1,035	91.9	30.7	31.3	4.3	3.1	15.9	1.1	.8
3-5..............	1,719	89.1	24.2	33.3	3.5	3.7	18.3	1.0	.5
6-8..............	1,841	79.2	20.6	30.8	2.4	3.3	16.5	.9	.5
MALES:									
9-11.............	939	77.8	18.1	32.4	2.5	3.0	16.6	.8	.4
12-14............	1,150	78.6	17.7	33.3	2.5	3.1	16.7	.7	.3
15-18............	1,394	79.3	16.5	36.0	3.0	2.7	15.6	.7	.3
19-22............	1,030	76.9	12.9	39.0	3.1	2.3	14.0	.7	.3
23-34............	2,716	77.1	11.3	40.0	3.2	2.4	14.0	.8	.3
35-50............	2,571	81.5	9.9	44.1	3.7	2.6	14.3	.8	.4
51-64............	2,161	85.2	11.4	45.2	4.1	2.3	14.4	1.0	.6
65-74............	1,049	90.7	14.0	44.1	5.0	2.4	16.6	1.1	.8
75 AND OVER......	465	93.2	14.5	43.4	6.1	2.3	18.3	1.1	.9
FEMALES:									
9-11.............	1,011	78.2	18.5	31.6	2.4	3.2	16.6	.9	.4
12-14............	1,148	79.3	17.0	34.6	2.4	2.9	16.4	.9	.4
15-18............	1,473	77.4	15.6	36.6	2.5	2.3	14.5	.9	.3
19-22............	1,317	79.0	13.8	38.3	3.4	2.8	14.2	1.1	.4
23-34............	3,879	82.6	13.5	41.5	3.3	2.4	14.4	1.1	.4
35-50............	3,759	85.9	11.5	45.5	3.9	2.5	14.8	1.2	.5
51-64............	2,936	88.1	12.9	45.2	3.9	2.4	14.7	1.5	.8
65-74............	1,376	90.4	15.0	42.7	4.1	1.8	16.9	1.6	1.0
75 AND OVER......	751	93.2	17.4	40.8	4.3	1.9	19.0	1.5	1.0
ALL INDIVIDUALS...	4/36,142	83.4	15.5	39.5	3.4	2.7	15.3	1.0	.5

Continued--

TABLE 1.02-3.--PROTEIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY.2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.7	0.6	3.1	(5)	0.2	0.1	0.0
1-2..............	.3	1.8	2.0	0.1	.4	.1	(5)
3-5..............	.3	1.8	1.8	.1	.4	.1	(5)
6-8..............	.3	1.7	1.7	.1	.4	.1	(5)
MALES:							
9-11.............	.2	1.8	1.6	.1	.4	.1	(5)
12-14............	.3	1.8	1.7	.1	.4	.1	(5)
15-18............	.3	1.9	1.8	.1	.3	.1	(5)
19-22............	.3	1.8	2.0	.1	.1	.1	.2
23-34............	.3	1.9	2.0	.1	.2	.2	.3
35-50............	.4	1.9	2.5	.1	.3	.2	.4
51-64............	.5	2.0	2.8	.2	.3	.2	.3
65-74............	.7	2.1	3.0	[illegible]	.3	.2	.1
75 AND OVER......	.8	2.1	3.1	.2	.3	.2	.1
FEMALES:							
9-11.............	.3	1.9	1.8	.1	.4	.1	(5)
12-14............	.3	1.9	1.8	.1	.5	.1	(5)
15-18............	.3	1.9	1.8	.1	.4	.2	(5)
19-22............	.3	1.7	2.3	.1	.2	.2	(5)
23-34............	.5	1.9	2.7	.2	.2	.3	.1
35-50............	.6	1.9	2.9	.2	.3	.3	.1
51-64............	.7	1.9	3.3	.2	.3	.3	.1
65-74............	.8	2.0	3.6	.2	.3	.3	(5)
75 AND OVER......	.9	2.1	3.4	.2	.4	.3	(5)
ALL INDIVIDUALS...	.4	1.9	2.4	.1	.3	.2	.1

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.03-1.--FAT

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	69.5	10.3	2.0	6.8	5.9	0.2	0.8
1-2.............	4/1,035	100.0	30.1	32.2	5.1	3.7	14.3	.4	.5
3-5.............	1,719	100.0	24.4	34.3	4.0	4.4	16.5	.3	.4
6-8.............	1,841	100.0	24.2	34.8	2.8	4.3	17.1	.3	.4
MALES:									
9-11............	939	100.0	22.2	36.8	2.9	3.7	17.3	.3	.3
12-14...........	1,150	100.0	21.4	37.6	2.9	3.3	17.5	.2	.3
15-18...........	1,394	100.0	19.1	41.3	3.4	2.7	16.1	.2	.3
19-22...........	1,030	100.0	14.9	47.0	3.8	2.3	14.4	.3	.5
23-34...........	2,716	100.0	13.1	46.7	4.0	2.5	14.5	.3	.3
35-50...........	2,571	100.0	11.1	48.8	4.6	2.2	13.5	.3	.4
51-64...........	2,161	100.0	12.4	47.3	4.7	2.1	13.0	.3	.5
65-74...........	1,049	100.0	14.0	44.1	5.3	2.1	13.8	.3	.6
75 AND OVER.....	465	100.0	15.0	42.7	6.2	1.7	14.6	.3	.8
FEMALES:									
9-11............	1,011	100.0	23.0	35.6	2.8	3.7	17.3	.3	.4
12-14...........	1,148	100.0	21.0	38.0	2.7	2.9	17.5	.3	.4
15-18...........	1,473	100.0	18.3	41.1	3.0	2.2	15.9	.3	.4
19-22...........	1,317	99.8	15.3	43.5	4.0	2.3	14.0	.4	.5
23-34...........	3,879	100.0	14.1	44.1	4.0	2.2	14.3	.4	.5
35-50...........	3,759	100.0	11.8	46.7	4.6	1.8	13.5	.4	.5
51-64...........	2,936	100.0	12.8	45.3	4.5	2.1	13.2	.4	.8
65-74...........	1,376	100.0	14.7	43.1	4.6	1.5	14.1	.5	.7
75 AND OVER.....	751	100.0	17.4	38.9	4.7	1.4	15.0	.4	.8
ALL INDIVIDUALS...	4/36,142	100.0	16.9	42.4	4.0	2.6	14.6	.3	.5

Continued--

TABLE 1.03-1.--FAT

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.2	1.1	2.1	1.0	(5)	(5)	0.0
1-2.............	.2	4.7	1.7	6.3	0.9	0.0	.0
3-5.............	.2	4.9	1.7	7.9	.9	(5)	.0
6-8.............	.2	5.5	2.1	7.4	.9	(5)	.0
MALES:							
9-11............	.2	5.7	2.1	7.3	1.2	(5)	.0
12-14...........	.2	5.6	2.1	7.8	.9	(5)	.0
15-18...........	.2	6.0	2.2	7.6	.9	(5)	(5)
19-22...........	.2	6.0	2.4	7.5	.7	(5)	(5)
23-34...........	.3	5.5	2.6	9.6	.6	(5)	(5)
35-50...........	.3	4.7	3.1	10.4	.5	(5)	(5)
51-64...........	.5	4.1	3.6	11.1	.4	(5)	(5)
65-74...........	.6	4.0	3.5	11.2	.4	(5)	.0
75 AND OVER.....	.7	3.3	3.3	11.2	.2	(5)	(5)
FEMALES:							
9-11............	.2	5.5	2.4	7.8	1.0	(5)	.0
12-14...........	.2	6.0	2.3	7.3	1.4	(5)	.0
15-18...........	.3	6.1	2.4	9.0	1.1	(5)	(5)
19-22...........	.2	5.2	2.9	10.6	.7	(5)	(5)
23-34...........	.4	4.8	3.3	11.3	.6	(5)	(5)
35-50...........	.4	4.3	3.7	11.6	.6	(5)	(5)
51-64...........	.6	3.7	4.3	11.7	.5	(5)	(5)
65-74...........	.7	3.4	4.4	11.8	.4	.1	(5)
75 AND OVER.....	.8	3.3	4.2	12.7	.4	(5)	(5)
ALL INDIVIDUALS...	.4	4.8	3.0	9.8	.7	(5)	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.03-2.--FAT

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.4	0.7	0.3	(5)	(5)	0.1	(5)	(5)
1-2..............	4/1,035	9.8	2.1	3.2	0.2	0.3	1.5	(5)	(5)
3-5..............	1,719	11.7	2.9	4.0	.3	.4	2.1	(5)	0.1
6-8..............	1,841	21.0	6.0	7.2	.2	.6	3.6	(5)	.1
MALES:									
9-11.............	939	22.5	5.8	8.1	.2	.6	3.8	(5)	.1
12-14............	1,150	21.7	5.5	8.0	.2	.4	4.0	(5)	.1
15-18............	1,394	21.4	4.4	9.2	.2	.2	3.6	(5)	(5)
19-22............	1,030	23.6	2.8	11.9	.4	.4	3.7	(5)	(5)
23-34............	2,716	24.0	2.7	11.6	.7	.3	3.9	(5)	.1
35-50............	2,571	18.8	1.7	9.6	.7	.3	2.7	(5)	(5)
51-64............	2,161	15.1	1.5	7.7	.5	.1	2.1	(5)	(5)
65-74............	1,049	9.8	1.0	5.0	.2	.1	1.4	(5)	(5)
75 AND OVER......	465	6.9	.8	3.4	.2	(5)	1.0	(5)	(5)
FEMALES:									
9-11.............	1,011	22.2	6.6	7.3	.2	.7	3.9	(5)	.1
12-14............	1,148	21.6	5.5	7.7	.2	.5	3.9	(5)	.1
15-18............	1,473	23.4	4.4	9.4	.3	.3	4.3	(5)	.1
19-22............	1,317	21.7	2.8	10.2	.4	.3	3.3	(5)	(5)
23-34............	3,879	18.3	2.0	8.4	.5	.3	3.1	(5)	.1
35-50............	3,759	15.1	1.6	6.9	.5	.2	2.3	(5)	.1
51-64............	2,936	12.5	1.2	5.7	.3	.1	2.2	(5)	.1
65-74............	1,376	10.1	.9	5.0	.2	.1	1.7	(5)	.1
75 AND OVER......	751	6.8	.8	3.3	.1	(5)	1.2	(5)	(5)
ALL INDIVIDUALS...	4/36,142	17.2	2.7	7.6	.4	.3	2.8	(5)	.1

Continued--

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TABLE 1.03-2.--FAT

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.0	0.1	(5)	(5)	0.0	0.0	0.0
1-2.............	(5)	.8	0.2	0.4	.1	.0	.0
3-5.............	(5)	.9	.2	.5	.1	(5)	.0
6-8.............	.1	1.4	.7	.9	.2	(5)	.0
MALES:							
9-11............	.1	1.7	.7	.9	.3	(5)	.0
12-14...........	(5)	1.7	.6	.9	.3	.0	.0
15-18...........	(5)	1.8	.5	.9	.4	.0	(5)
19-22...........	(5)	2.1	.5	1.2	.4	(5)	(5)
23-34...........	(5)	1.8	.8	1.9	.2	(5)	(5)
35-50...........	(5)	1.2	.7	1.7	.1	(5)	(5)
51-64...........	(5)	.8	.7	1.6	(5)	(5)	(5)
65-74...........	(5)	.6	.4	1.0	(5)	(5)	.0
75 AND OVER.....	.1	.5	.3	.5	(5)	.0	(5)
FEMALES:							
9-11............	(5)	1.4	.8	.9	.2	(5)	.0
12-14...........	(5)	1.8	.6	.8	.4	(5)	.0
15-18...........	(5)	2.0	.7	1.4	.5	(5)	(5)
19-22...........	.1	1.6	.6	2.0	.3	(5)	(5)
23-34...........	.1	1.2	.8	1.8	.1	(5)	(5)
35-50...........	.1	.9	.7	1.8	.1	(5)	(5)
51-64...........	.1	.7	.7	1.3	.1	(5)	(5)
65-74...........	.1	.5	.6	.9	.1	(5)	(5)
75 AND OVER.....	.1	.4	.4	.6	(5)	.0	(5)
ALL INDIVIDUALS...	(5)	1.2	.6	1.3	.2	(5)	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.03-3.--FAT

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.6	68.7	10.0	2.0	3	5.8	0.2	0.8
1-2.............	4/1,035	91.2	28.0	29.0	4.9	[illegible]	12.8	.4	.5
3-5.............	1,719	88.3	21.5	30.2	3.8	[illegible]	14.4	.3	.3
6-8.............	1,841	79.0	18.2	27.6	2.6	3.7	13.5	.2	.3
MALES:									
9-11............	939	77.5	16.4	28.7	2.6	3.1	13.5	.2	.2
12-14...........	1,150	78.3	15.9	29.6	2.7	2.9	13.5	.2	.3
15-18...........	1,394	78.6	14.7	32.0	3.2	2.5	12.5	.2	.2
19-22...........	1,030	76.4	12.1	35.1	3.4	1.9	10.7	.3	.4
23-34...........	2,716	76.0	10.4	35.1	3.3	2.2	10.6	.3	.3
35-50...........	2,571	81.2	9.4	39.2	3.9	1.9	10.8	.2	.3
51-64...........	2,161	84.9	10.9	39.6	4.3	2.0	10.9	.3	.5
65-74...........	1,049	90.2	13.1	39.1	5.1	2.0	12.3	.3	.5
75 AND OVER.....	465	93.1	14.3	39.3	6.0	1.6	13.6	.3	.8
FEMALES:									
9-11............	1,011	77.8	16.4	28.3	2.6	3.0	13.5	.3	.3
12-14...........	1,148	78.4	15.5	30.3	2.5	2.4	13.6	.3	.3
15-18...........	1,473	76.6	13.9	31.7	2.7	1.8	11.6	.3	.3
19-22...........	1,317	78.1	12.6	33.3	3.6	2.0	10.8	.3	.5
23-34...........	3,879	81.6	12.1	35.7	3.5	1.9	11.2	.4	.4
35-50...........	3,759	84.9	10.2	39.9	4.1	1.6	11.3	.3	.5
51-64...........	2,936	87.5	11.6	39.6	4.2	1.9	11.0	.4	.8
65-74...........	1,376	89.9	13.8	38.1	4.4	1.4	12.5	.5	.7
75 AND OVER.....	751	93.2	16.6	35.6	4.6	1.4	13.8	.4	.7
ALL INDIVIDUALS...	4/36,142	82.8	14.2	34.8	3.7	2.3	11.8	.3	.4

Continued--

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TABLE 1.03-3.--FAT
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	0.2	1.0	2.0	1.0	(5)	(5)	0.0
1-2............	.2	3.9	1.5	5.9	0.7	0.0	.0
3-5............	.2	4.0	1.5	7.4	.8	(5)	.0
6-8............	.1	4.0	1.4	6.5	.7	(5)	.0
MALES:							
9-11...........	.1	4.0	1.4	6.4	.9	.0	.0
12-14..........	.2	4.0	1.5	6.9	.6	(5)	.0
15-18..........	.2	4.2	1.7	6.7	.4	(5)	.0
19-22..........	.2	3.9	1.9	6.3	.3	(5)	(5)
23-34..........	.2	3.8	1.9	7.6	.3	(5)	(5)
35-50..........	.3	3.6	2.4	8.7	.4	(5)	(5)
51-64..........	.4	3.2	2.9	9.6	.4	(5)	(5)
65-74..........	.6	3.4	3.1	10.3	.4	(5)	.0
75 AND OVER.....	.6	2.8	2.9	10.7	.2	(5)	.0
FEMALES:							
9-11...........	.2	4.1	1.6	6.9	.7	(5)	.0
12-14..........	.2	4.2	1.7	6.5	1.0	(5)	.0
15-18..........	.2	4.0	1.7	7.6	.6	(5)	.0
19-22..........	.2	3.6	2.2	8.6	.4	(5)	(5)
23-34..........	.3	3.6	2.5	9.5	.4	(5)	(5)
35-50..........	.4	3.4	3.1	9.8	.4	(5)	(5)
51-64..........	.5	3.1	3.6	10.4	.4	(5)	(5)
65-74..........	.6	2.8	3.8	10.9	.3	.1	.0
75 AND OVER.....	.7	3.0	3.8	12.1	.4	(5)	.0
ALL INDIVIDUALS...	.3	3.6	2.4	8.5	.5	(5)	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.04-1.--CARBOHYDRATE
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	43.6	2.1	0.1	4.6	18.9	2.4	18.5
1-2..............	4/1,035	100.0	18.6	3.6	.3	2.3	36.6	5.0	10.4
3-5..............	1,719	100.0	15.0	3.6	.2	2.6	41.8	4.4	6.7
6-8..............	1,841	100.0	15.6	4.0	.2	2.5	41.9	4.1	6.7
MALES:									
9-11.............	939	100.0	15.2	4.6	.2	2.5	42.6	3.7	5.4
12-14............	1,150	100.0	14.8	4.8	.2	2.7	43.2	3.5	4.7
15-18............	1,394	100.0	13.7	5.6	.2	2.4	42.2	3.5	3.7
19-22............	1,030	100.0	10.1	7.0	.3	2.3	40.1	3.6	3.6
23-34............	2,716	100.0	8.8	6.5	.4	2.3	40.6	3.8	3.9
35-50............	2,571	100.0	8.0	6.1	.4	2.6	42.3	4.0	5.1
51-64............	2,161	100.0	8.6	5.5	.4	2.4	42.7	5.1	7.2
65-74............	1,049	100.0	9.0	4.7	.3	2.2	44.1	4.7	8.6
75 AND OVER......	465	100.0	9.0	4.0	.4	2.2	45.7	4.6	9.5
FEMALES:									
9-11.............	1,011	100.0	15.1	4.1	.2	2.7	42.1	4.0	6.3
12-14............	1,148	100.0	14.4	4.7	.2	2.5	41.3	4.0	5.4
15-18............	1,473	100.0	12.6	5.5	.2	2.1	39.0	4.2	4.6
19-22............	1,317	99.9	10.6	5.7	.3	2.4	37.7	5.1	5.0
23-34............	3,879	100.0	9.2	5.8	.3	2.2	38.6	5.2	5.6
35-50............	3,759	100.0	8.3	5.3	.3	2.3	40.5	5.9	6.5
51-64............	2,936	100.0	8.7	5.0	.3	2.2	40.4	7.1	9.2
65-74............	1,376	100.0	9.4	4.3	.3	1.6	41.9	7.6	10.1
75 AND OVER......	751	100.0	10.6	3.4	.3	1.6	43.5	6.0	11.2
ALL INDIVIDUALS...	4/36,142	100.0	11.3	5.1	.3	2.4	40.7	4.9	6.5

Continued--

TABLE 1.04-1.--CARBOHYDRATE
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	1.5	1.4	3.6	(5)	1.7	1.6	0.0
1-2.............	.5	5.3	3.0	0.1	5.7	8.6	(5)
3-5.............	.5	5.1	2.7	.2	7.1	10.0	(5)
6-8.............	.5	5.6	3.1	.2	6.6	9.1	(5)
MALES:							
9-11............	.5	6.1	3.0	.2	6.7	9.3	(5)
12-14...........	.6	6.1	3.0	.2	6.7	9.9	(5)
15-18...........	.5	6.9	3.1	.2	5.6	12.1	.3
19-22...........	.6	7.4	3.6	.3	4.9	14.5	1.8
23-34...........	.7	7.7	4.0	.5	5.6	12.3	2.9
35-50...........	.9	7.7	4.9	.5	6.2	8.4	2.9
51-64...........	1.0	7.3	5.5	.6	6.7	5.3	1.8
65-74...........	1.4	6.7	5.1	.4	7.5	4.2	1.1
75 AND OVER.....	1.4	6.2	4.6	.4	7.4	3.7	.9
FEMALES:							
9-11............	.5	5.9	3.2	.2	6.4	9.2	(5)
12-14...........	.5	6.2	3.1	.2	6.3	11.1	(5)
15-18...........	.6	6.8	3.2	.4	5.9	14.5	.1
19-22...........	.8	6.5	4.1	.4	5.4	14.9	.9
23-34...........	.9	6.6	4.8	.6	5.9	13.2	1.0
35-50...........	1.1	6.9	5.5	.8	6.2	9.4	.9
51-64...........	1.4	6.6	5.9	.6	5.7	6.3	.7
65-74...........	1.7	6.1	5.6	.5	6.2	4.4	.3
75 AND OVER.....	1.7	5.9	4.7	.6	6.4	3.8	.2
ALL INDIVIDUALS...	.9	6.5	4.3	.4	6.1	9.6	1.0

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.04-2.--CARBOHYDRATE
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.3	0.5	(5)	0.0	(5)	0.3	(5)	0.3
1-2..............	4/1,035	8.4	1.2	0.6	(5)	0.2	2.7	0.3	.6
3-5..............	1,719	12.0	1.9	.9	(5)	.3	4.1	.4	.8
6-8..............	1,841	20.1	3.9	1.6	(5)	.5	7.1	.6	1.6
MALES:									
9-11.............	939	21.7	4.0	2.0	(5)	.6	7.5	.6	1.6
12-14............	1,150	21.7	4.0	1.9	(5)	.5	7.7	.5	1.2
15-18............	1,394	21.9	3.4	2.5	(5)	.3	7.0	.4	.8
19-22............	1,030	24.7	2.1	3.1	.1	.3	7.6	.5	.3
23-34............	2,716	25.1	1.9	2.6	.1	.3	8.7	.5	.5
35-50............	2,571	19.0	1.3	2.2	.1	.3	7.1	.3	.3
51-64............	2,161	14.3	1.1	1.5	.1	.3	5.6	.3	.4
65-74............	1,049	7.8	.5	.8	(5)	.1	3.3	.1	.2
75 AND OVER......	465	5.3	.6	.5	(5)	.1	1.9	.1	.4
FEMALES:									
9-11.............	1,011	21.7	4.5	1.6	(5)	.5	7.6	.5	1.9
12-14............	1,148	21.8	4.1	2.0	(5)	.3	7.3	.5	1.3
15-18............	1,473	24.0	3.2	2.3	(5)	.3	7.7	.5	1.0
19-22............	1,317	21.8	2.1	2.4	(5)	.3	6.7	.5	.5
23-34............	3,879	18.3	1.4	2.0	(5)	.2	6.4	.4	.5
35-50............	3,759	14.3	1.2	1.4	.1	.2	5.3	.4	.4
51-64............	2,936	11.5	.8	1.1	(5)	.2	4.8	.3	.5
65-74............	1,376	7.8	.6	.8	(5)	.1	3.4	.2	.4
75 AND OVER......	751	5.2	.5	.4	(5)	.2	2.2	.1	.3
ALL INDIVIDUALS...	4/36,142	16.9	1.9	1.7	(5)	.3	6.0	.4	.7

Continued--

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TABLE 1.04-2.--CARBOHYDRATE
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	(5)	0.1	0.1	(5)	(5)	0.1	0.0
1-2.............	(5)	.8	.3	(5)	0.5	1.2	.0
3-5.............	(5)	.8	.3	(5)	.8	1.6	(5)
6-8.............	0.1	1.4	.7	(5)	1.0	1.6	(5)
MALES:							
9-11............	.1	1.6	.7	(5)	1.2	1.8	(5)
12-14...........	.1	1.6	.6	(5)	1.2	2.4	.0
15-18...........	.1	1.9	.5	(5)	.9	4.0	.1
19-22...........	.1	2.3	.5	0.1	1.1	5.8	.7
23-34...........	.1	2.2	.7	.1	1.2	5.0	1.2
35-50...........	.1	1.8	.8	.1	1.1	2.7	.7
51-64...........	.1	1.4	.7	.1	.8	1.5	.4
65-74...........	.1	.9	.6	.1	.5	.3	.3
75 AND OVER.....	.1	.8	.4	(5)	.2	.2	.1
FEMALES:							
9-11............	.1	1.3	.8	(5)	1.1	1.7	.0
12-14...........	.1	1.6	.6	(5)	1.2	2.8	(5)
15-18...........	.1	2.0	.6	.1	1.3	5.0	.1
19-22...........	.1	1.8	.6	.1	1.0	5.1	.6
23-34...........	.1	1.4	.6	.1	.9	3.7	.4
35-50...........	.1	1.3	.6	.2	.8	2.2	.2
51-64...........	.1	1.0	.6	.1	.7	1.1	.2
65-74...........	.2	.8	.5	.1	.4	.4	.1
75 AND OVER.....	.1	.5	.3	(5)	.2	.3	(5)
ALL INDIVIDUALS...	.1	1.4	.6	.1	.9	2.6	.3

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.04-3.--CARBOHYDRATE
PERCENTAGE FROM 14 FOOD GROUPS 1/ PER INDIVIDUAL PER DAY, 2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD 3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.7	43.1	2.1	0.1	4.6	18.6	2.3	18.2
1-2..............	4/1,035	91.6	17.3	3.0	.3	2.2	33.9	4.7	9.8
3-5..............	1,719	88.0	13.1	2.7	.2	2.3	37.7	4.1	5.9
6-8..............	1,841	79.9	11.7	2.4	.1	2.0	34.8	3.5	5.1
MALES:									
9-11.............	939	78.3	11.2	2.6	.1	1.9	35.2	3.1	3.8
12-14............	1,150	78.3	10.8	2.9	.2	2.2	35.5	3.0	3.4
15-18............	1,394	78.1	10.3	3.1	.2	2.1	35.3	3.1	2.9
19-22............	1,030	75.3	8.0	3.9	.2	2.0	32.5	3.1	3.3
23-34............	2,716	74.9	6.9	4.0	.2	2.0	32.0	3.3	3.4
35-50............	2,571	81.0	6.7	3.9	.3	2.4	35.2	3.7	4.7
51-64............	2,161	85.7	7.6	4.0	.3	2.1	37.1	4.9	6.8
65-74............	1,049	92.2	8.4	4.0	.3	2.1	40.8	4.6	8.3
75 AND OVER......	465	94.7	8.4	3.5	.4	2.1	43.8	4.6	9.1
FEMALES:									
9-11.............	1,011	78.3	10.6	2.5	.2	2.2	34.4	3.6	4.5
12-14............	1,148	78.2	10.3	2.8	.1	2.1	34.0	3.6	4.2
15-18............	1,473	76.0	9.4	3.3	.2	1.6	31.3	3.8	3.7
19-22............	1,317	78.1	8.6	3.3	.2	2.1	31.0	4.6	4.5
23-34............	3,879	81.7	7.8	3.8	.3	1.9	32.1	4.8	5.1
35-50............	3,759	85.7	7.1	3.9	.3	2.1	35.2	5.5	6.1
51-64............	2,936	88.5	7.9	3.9	.3	2.0	35.6	6.8	8.7
65-74............	1,376	92.2	8.8	3.5	.3	1.5	38.5	7.4	9.7
75 AND OVER......	751	94.8	10.0	3.0	.3	1.5	41.4	5.8	10.9
ALL INDIVIDUALS...	4/36,142	83.1	9.4	3.5	.2	2.1	34.7	4.5	5.9

Continued--

TABLE 1.04-3.--CARBOHYDRATE
PERCENTAGE FROM 14 FOOD GROUPS[1] PER INDIVIDUAL PER DAY,[2] 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES: DARK GREEN, DEEP YELLOW	VEGETABLES: WHITE POTATOES, VIANDAS	VEGETABLES: OTHER	FATS, OILS	SUGAR, SWEETS	BEVERAGES: NONALCOHOLIC	BEVERAGES: ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	1.5	1.3	3.6	(5)	1.7	1.5	0.0
1-2.............	.5	4.5	2.8	0.1	5.2	7.3	(5)
3-5.............	.4	4.3	2.4	.1	6.3	8.4	(5)
6-8.............	.4	4.2	2.4	.1	5.6	7.5	(5)
MALES:							
9-11............	.4	4.5	2.3	.1	5.6	7.5	(5)
12-14...........	.5	4.5	2.3	.1	5.4	7.5	(5)
15-18...........	.5	5.0	2.6	.2	4.7	8.1	.1
19-22...........	.5	5.0	3.1	.2	3.8	6.7	1.0
23-34...........	.6	5.5	3.3	.3	4.4	7.3	1.8
35-50...........	.8	5.9	4.1	.4	5.1	5.7	2.2
51-64...........	.9	5.9	4.7	.5	5.8	3.8	1.4
65-74...........	1.4	5.8	4.5	.4	7.0	3.9	.8
75 AND OVER......	1.4	5.5	4.2	.3	7.2	3.5	.8
FEMALES:							
9-11............	.4	4.5	2.4	.2	5.3	7.5	(5)
12-14...........	.4	4.6	2.5	.2	5.1	8.3	(5)
15-18...........	.6	4.8	2.6	.3	4.7	9.6	(5)
19-22...........	.7	4.7	3.5	.3	4.4	9.8	.3
23-34...........	.7	5.2	4.2	.5	5.1	9.5	.6
35-50...........	1.0	5.6	4.9	.6	5.4	7.3	.6
51-64...........	1.3	5.6	5.3	.5	5.0	5.2	.5
65-74...........	1.5	5.3	5.1	.5	5.8	4.0	.3
75 AND OVER......	1.5	5.4	4.5	.6	6.1	3.5	.2
ALL INDIVIDUALS...	.8	5.1	3.7	.3	5.2	7.0	.6

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[1] SEE "TABLE NOTES," APPENDIX B.
[2] BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
[3] PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
[4] EXCLUDES BREAST-FED INFANTS.
[5] VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.05-1.--CALCIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	74.4	1.7	0.6	5.3	13.6	0.4	1.3
1-2.............	4/1,035	100.0	71.0	3.3	2.4	1.9	13.8	1.4	1.2
3-5.............	1,719	100.0	66.3	3.7	2.1	1.8	18.0	1.5	1.0
6-8.............	1,841	100.0	66.9	4.0	1.4	1.7	17.8	1.3	.9
MALES:									
9-11............	939	100.0	64.3	4.7	1.6	1.8	19.0	1.3	.7
12-14...........	1,150	100.0	62.6	5.1	1.5	1.9	20.2	1.2	.7
15-18...........	1,394	100.0	58.9	6.6	2.2	1.7	20.8	1.2	.5
19-22...........	1,030	100.0	49.4	9.4	2.8	1.9	23.8	1.5	.6
23-34...........	2,716	100.0	44.7	9.7	3.2	2.1	25.0	1.7	.7
35-50...........	2,571	100.0	39.3	10.1	3.9	2.5	25.8	1.9	1.0
51-64...........	2,161	100.0	42.4	9.2	3.8	2.0	23.5	2.5	1.3
65-74...........	1,049	100.0	44.8	8.0	4.0	1.8	23.3	2.2	1.6
75 AND OVER.....	465	100.0	45.0	6.6	4.5	1.7	24.3	2.2	1.9
FEMALES:									
9-11............	1,011	100.0	65.0	4.3	1.4	1.8	18.7	1.4	.9
12-14...........	1,146	100.0	60.5	5.5	1.6	1.7	20.3	1.5	.9
15-18...........	1,473	100.0	56.0	7.3	2.0	1.6	21.0	1.7	.8
19-22...........	1,317	100.0	48.5	8.9	2.9	2.2	22.7	2.1	.9
23-34...........	3,879	100.0	45.7	8.9	2.9	2.0	22.7	2.3	1.0
35-50...........	3,759	100.0	40.3	9.2	3.6	2.1	24.0	2.7	1.3
51-64...........	2,936	100.0	42.1	8.5	3.3	1.9	22.7	3.2	1.8
65-74...........	1,376	100.0	44.9	7.1	3.0	1.3	22.8	3.4	2.0
75 AND OVER.....	751	100.0	48.8	5.7	3.0	1.2	23.0	2.8	2.0
ALL INDIVIDUALS...	4/36,142	100.0	50.4	7.5	2.8	1.9	22.0	2.1	1.1

Continued--

TABLE 1.05-1.--CALCIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.9	0.3	1.3	(5)	(5)	0.2	0.0
1-2.............	.8	1.2	1.4	0.2	0.9	.6	(5)
3-5.............	.8	1.2	1.5	.2	1.1	.8	(5)
6-8.............	.9	1.4	1.8	.2	1.0	.7	(5)
MALES:							
9-11............	1.0	1.6	1.8	.2	1.2	.8	(5)
12-14...........	1.1	1.6	1.9	.2	1.0	.9	(5)
15-18...........	1.2	1.9	2.3	.3	.9	1.3	.1
19-22...........	1.5	2.2	3.0	.3	.9	2.0	.8
23-34...........	1.6	2.4	3.7	.5	.8	2.6	1.3
35-50...........	2.1	2.5	5.1	.6	.8	3.1	1.4
51-64...........	2.5	2.4	5.4	.6	.7	2.7	.9
65-74...........	2.9	2.4	5.0	.5	.7	2.2	.5
75 AND OVER.....	3.2	2.1	4.9	.5	.4	2.1	.4
FEMALES:							
9-11............	1.0	1.5	2.0	.2	1.0	.8	(5)
12-14...........	1.1	1.7	2.4	.3	1.3	1.2	(5)
15-18...........	1.3	2.0	2.8	.3	1.2	2.0	(5)
19-22...........	1.4	2.1	3.8	.4	.9	3.0	.3
23-34...........	2.1	2.2	4.9	.6	.8	3.5	.4
35-50...........	2.8	2.4	5.8	.7	.8	4.0	.4
51-64...........	3.2	2.1	6.3	.6	.6	3.4	.3
65-74...........	3.5	2.0	6.0	.5	.6	2.6	.2
75 AND OVER.....	3.3	2.0	4.8	.5	.6	2.2	.1
ALL INDIVIDUALS...	2.0	2.0	4.0	.4	.8	2.4	.4

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.05-2.--CALCIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	--------	--------	--------	PERCENT	--------	--------	--------	--------
MALES AND FEMALES:									
UNDER 1..........	4/421	1.1	0.9	(5)	(5)	(5)	0.1	(5)	(5)
1-2.............	4/1,035	7.1	4.5	0.5	0.1	0.1	1.2	0.1	0.1
3-5.............	1,719	10.9	7.1	.8	.1	.2	1.9	.1	.1
6-8.............	1,841	22.2	15.6	1.3	.1	.3	3.3	.2	.2
MALES:									
9-11............	939	24.0	16.0	1.7	.1	.4	3.9	.2	.2
12-14...........	1,150	23.2	15.1	1.7	.1	.3	4.2	.2	.1
15-18...........	1,394	21.1	12.4	2.5	.1	.2	4.0	.1	.1
19-22...........	1,030	21.4	8.5	3.8	.3	.3	5.3	.2	.1
23-34...........	2,716	22.2	8.3	3.7	.6	.3	5.5	.2	.1
35-50...........	2,571	17.6	5.7	3.2	.7	.3	4.4	.2	.1
51-64...........	2,161	13.4	4.7	2.2	.4	.3	3.2	.1	.1
65-74...........	1,049	7.2	2.4	1.3	.2	.1	1.8	.1	.1
75 AND OVER.....	465	4.6	1.6	.6	.1	.1	1.0	(5)	.1
FEMALES:									
9-11............	1,011	24.1	17.0	1.3	.1	.3	3.7	.2	.2
12-14...........	1,148	22.5	14.9	1.8	.1	.2	3.7	.2	.1
15-18...........	1,473	22.7	12.2	2.7	.2	.2	4.7	.2	.1
19-22...........	1,317	18.9	7.5	3.4	.3	.3	4.3	.2	.1
23-34...........	3,879	15.9	5.6	2.7	.3	.3	4.1	.2	.1
35-50...........	3,759	13.2	4.5	2.1	.4	.2	3.2	.2	.1
51-64...........	2,936	10.4	3.1	1.6	.2	.1	2.9	.2	.1
65-74...........	1,376	7.0	2.0	1.2	.2	.1	1.9	.1	.1
75 AND OVER.....	751	4.9	1.9	.7	(5)	.1	1.2	.1	(5)
ALL INDIVIDUALS...	4/36,142	16.0	7.4	2.1	.3	.2	3.5	.2	.1

Continued--

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TABLE 1.05-2.--CALCIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY.2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES: DARK GREEN, DEEP YELLOW	VEGETABLES: WHITE POTATOES, VIANDAS	VEGETABLES: OTHER	FATS, OILS	SUGAR, SWEETS	BEVERAGES: NONALCOHOLIC	BEVERAGES: ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	(5)	(5)	(5)	0.0	(5)	0.0
1-2.............	0.1	0.2	0.1	(5)	.1	0.1	.0
3-5.............	.1	.2	.2	(5)	.1	.1	(5)
6-8.............	.2	.3	.4	(5)	.1	.1	(5)
MALES:							
9-11............	.2	.4	.5	(5)	.2	.2	(5)
12-14...........	.1	.4	.4	(5)	.2	.2	.0
15-18...........	.1	.4	.4	(5)	.3	.4	(5)
19-22...........	.2	.5	.6	0.1	.3	.8	.3
23-34...........	.2	.6	.9	.1	.2	1.0	.5
35-50...........	.3	.5	.9	.1	.1	.9	.3
51-64...........	.2	.4	.8	.1	.1	.6	.2
65-74...........	.2	.3	.5	.1	(5)	.2	.2
75 AND OVER.....	.1	.3	.4	(5)	(5)	.1	(5)
FEMALES:							
9-11............	.1	.3	.5	(5)	.2	.2	.0
12-14...........	.1	.4	.4	(5)	.3	.3	(5)
15-18...........	.1	.5	.7	.1	.4	.7	(5)
19-22...........	.2	.5	.7	.1	.3	.9	.2
23-34...........	.2	.4	.9	.1	.1	.8	.1
35-50...........	.3	.3	.8	.2	.1	.6	.1
51-64...........	.3	.3	.8	.1	.1	.4	.1
65-74...........	.2	.3	.6	.1	.1	.2	(5)
75 AND OVER.....	.2	.2	.3	(5)	(5)	.1	(5)
ALL INDIVIDUALS...	.2	.4	.6	.1	.2	.5	.1

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 1.05-3.--CALCIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.9	73.5	1.7	0.6	5.3	13.5	0.4	1.3
1-2..............	4/1,035	92.9	66.4	2.9	2.2	1.8	12.6	1.3	1.2
3-5..............	1,719	89.1	59.2	3.0	2.0	1.6	16.1	1.4	.9
6-8..............	1,841	77.8	51.3	2.7	1.3	1.4	14.4	1.1	.7
MALES:									
9-11.............	939	76.0	48.3	3.0	1.4	1.4	15.1	1.0	.6
12-14............	1,150	76.8	47.5	3.3	1.4	1.6	16.0	1.0	.5
15-18............	1,394	78.8	46.5	4.1	2.0	1.5	16.9	1.1	.4
19-22............	1,030	78.6	40.9	5.5	2.5	1.6	18.5	1.3	.5
23-34............	2,716	77.8	36.5	6.0	2.5	1.8	19.5	1.5	.6
35-50............	2,571	82.4	33.6	7.0	3.2	2.2	21.3	1.7	.9
51-64............	2,161	86.6	37.8	7.0	3.4	1.8	20.3	2.4	1.2
65-74............	1,049	92.8	42.4	6.8	3.8	1.7	21.5	2.1	1.6
75 AND OVER......	465	95.4	43.4	6.0	4.4	1.6	23.3	2.2	1.8
FEMALES:									
9-11.............	1,011	75.9	48.0	2.9	1.4	1.5	15.0	1.3	.6
12-14............	1,148	77.5	45.6	3.8	1.6	1.5	16.6	1.4	.7
15-18............	1,473	77.3	43.8	4.6	1.8	1.4	16.3	1.5	.6
19-22............	1,317	81.1	40.9	5.5	2.6	1.9	18.3	1.9	.8
23-34............	3,879	84.0	40.1	6.2	2.5	1.7	18.7	2.1	.9
35-50............	3,759	86.8	35.8	7.1	3.2	1.9	20.8	2.5	1.2
51-64............	2,936	89.6	39.0	6.9	3.1	1.8	19.7	3.0	1.7
65-74............	1,376	93.0	42.9	5.9	2.9	1.2	20.9	3.3	1.9
75 AND OVER......	751	95.1	46.9	5.0	2.9	1.1	21.7	2.7	2.0
ALL INDIVIDUALS...	4/36,142	84.0	43.0	5.4	2.5	1.7	18.5	1.9	1.0

Continued--

TABLE 1.05-3.--CALCIUM

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY.2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.9	0.3	1.3	(5)	(5)	0.2	0.0
1-2.............	.7	1.1	1.2	0.2	0.8	.5	(5)
3-5.............	.7	1.1	1.3	.2	.9	.7	(5)
6-8.............	.8	1.0	1.3	.2	.9	.6	(5)
MALES:							
9-11............	.8	1.2	1.3	.2	.9	.7	(5)
12-14...........	.9	1.3	1.5	.2	.8	.7	(5)
15-18...........	1.1	1.5	1.9	.2	.6	.9	.1
19-22...........	1.2	1.6	2.4	.3	.5	1.3	.4
23-34...........	1.3	1.8	2.9	.3	.6	1.6	.8
35-50...........	1.8	2.0	4.2	.5	.7	2.2	1.1
51-64...........	2.3	2.0	4.5	.5	.6	2.1	.7
65-74...........	2.7	2.1	4.5	.5	.6	2.1	.4
75 AND OVER.....	3.1	1.8	4.5	.5	.4	2.0	.4
FEMALES:							
9-11............	.9	1.2	1.5	.2	.8	.6	(5)
12-14...........	1.1	1.3	2.0	.2	1.0	.9	(5)
15-18...........	1.2	1.5	2.2	.3	.8	1.4	(5)
19-22...........	1.2	1.6	3.1	.4	.6	2.1	.1
23-34...........	1.9	1.8	4.1	.4	.7	2.7	.3
35-50...........	2.4	2.0	4.9	.5	.6	3.4	.3
51-64...........	2.9	1.7	5.5	.5	.5	2.9	.2
65-74...........	3.3	1.7	5.4	.5	.6	2.4	.1
75 AND OVER.....	3.1	1.8	4.5	.5	.6	2.1	.1
ALL INDIVIDUALS...	1.8	1.6	3.4	.4	.7	1.9	.3

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.06-1.--IRON

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	32.6	6.2	1.4	4.1	46.3	0.5	4.3
1-2.............	4/1,035	100.0	6.5	25.3	5.0	3.9	40.9	2.0	5.5
3-5.............	1,719	100.0	5.0	26.6	3.8	4.4	43.3	1.9	3.8
6-8.............	1,841	100.0	5.0	28.1	2.7	4.2	42.7	1.7	3.4
MALES:									
9-11............	939	100.0	4.7	30.2	2.8	4.1	41.5	1.5	2.6
12-14...........	1,150	100.0	4.7	31.0	2.7	4.3	41.0	1.5	2.3
15-18...........	1,394	100.0	4.3	35.4	3.4	3.9	36.4	1.5	1.8
19-22...........	1,030	100.0	3.2	40.5	3.8	3.4	31.4	1.7	1.6
23-34...........	2,716	100.0	2.7	40.3	4.0	3.5	30.0	1.9	1.7
35-50...........	2,571	100.0	2.2	40.3	4.4	3.8	28.4	2.0	2.1
51-64...........	2,161	100.0	2.2	38.3	4.6	3.3	29.0	2.5	2.9
65-74...........	1,049	100.0	2.3	33.4	5.1	3.2	33.0	2.4	3.9
75 AND OVER.....	465	100.0	2.6	31.2	6.0	3.2	34.5	2.4	4.4
FEMALES:									
9-11............	1,011	100.0	[illegible]	29.1	2.6	4.5	41.5	1.8	3.1
12-14...........	1,148	100.0	4.7	32.1	2.6	4.1	38.6	1.9	2.8
15-18...........	1,47[illegible]	100.0	4.1	35.4	2.9	3.6	34.6	2.0	2.3
19-22...........	1,317	100.0	3.4	36.6	3.8	4.1	31.0	2.6	2.4
23-34...........	3,879	100.0	2.9	37.1	3.8	3.5	29.5	2.5	2.7
35-50...........	[illegible]	100.0	2.4	37.6	4.2	3.4	27.8	2.8	2.7
51-64...........	[illegible]	100.0	2.3	35.4	[illegible]	3.1	28.7	3.3	4.2
65-74...........	[illegible]	100.0	2.4	31.9	4.1	2.4	32.7	3.5	4.7
75 AND OVER.....	751	100.0	2.9	28.9	4.3	2.5	36.1	3.0	5.3
ALL INDIVIDUALS...	4/36,142	100.0	3.7	34.5	3.8	3.6	33.4	2.3	3.0

Continued--

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TABLE 1.06-1.--IRON

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES: DARK GREEN, DEEP YELLOW	VEGETABLES: WHITE POTATOES, VIANDAS	VEGETABLES: OTHER	FATS, OILS	SUGAR, SWEETS	BEVERAGES: NONALCOHOLIC	BEVERAGES: ALCOHOLIC
	----------	----------	----------	PERCENT	----------	----------	----------
MALES AND FEMALES:							
UNDER 1..........	0.8	0.7	2.9	(5)	0.1	0.2	0.0
1-2.............	.9	3.3	3.9	0.1	1.7	1.0	.0
3-5.............	.8	3.2	3.8	.1	2.3	1.1	(5)
6-8.............	1.0	3.5	4.3	.1	2.1	1.0	(5)
MALES:							
9-11............	1.0	3.7	4.1	.1	2.4	1.1	(5)
12-14...........	1.0	3.8	4.1	.2	2.1	1.4	(5)
15-18...........	1.0	4.0	4.3	.2	1.7	2.0	(5)
19-22...........	.9	4.3	4.8	.2	1.4	2.8	.1
23-34...........	1.1	4.0	5.0	.3	1.3	3.7	.3
35-50...........	1.3	3.6	5.7	.3	1.0	4.4	.4
51-64...........	1.5	3.4	6.4	.3	1.1	4.2	.2
65-74...........	1.9	3.2	6.1	.2	1.2	3.7	.2
75 AND OVER......	2.1	3.1	5.7	.2	1.0	3.5	.3
FEMALES:							
9-11............	1.0	3.7	4.7	.2	1.8	1.1	(5)
12-14...........	.9	4.0	4.4	.2	1.9	1.7	(5)
15-18...........	1.0	4.3	4.8	.3	1.7	2.9	(5)
19-22...........	1.1	3.8	5.4	.3	1.3	3.9	.2
23-34...........	1.5	3.6	6.3	.3	1.1	4.9	.4
35-50...........	1.7	3.3	6.5	.3	1.0	5.9	.3
51-64...........	2.1	3.2	7.2	.3	.8	5.2	.2
65-74...........	2.5	3.1	7.2	.2	1.0	4.1	.1
75 AND OVER......	2.4	3.0	6.6	.2	1.0	3.7	.1
ALL INDIVIDUALS...	1.4	3.5	5.5	.2	1.4	3.5	.2

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 1.06-2.--IRON
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.2	0.2	0.2	(5)	0.1	0.4	(5)	0.1
1-2.............	4/1,035	7.8	.4	2.8	0.2	.3	2.4	0.1	.3
3-5.............	1,719	10.4	.6	3.5	.2	.4	3.4	.2	.4
6-8.............	1,841	17.9	1.3	6.4	.2	.7	5.7	.3	.7
MALES:									
9-11............	939	19.1	1.3	7.1	.2	.9	5.9	.3	.6
12-14...........	1,150	18.9	1.3	7.3	.1	.7	5.8	.2	.5
15-18...........	1,394	19.2	1.1	8.6	.2	.5	5.2	.2	.3
19-22...........	1,030	22.8	.7	11.3	.4	.5	5.4	.3	.2
23-34...........	2,716	23.0	.6	10.7	.7	.4	5.7	.3	.2
35-50...........	2,571	18.4	.3	8.8	.7	.4	4.1	.2	.1
51-64...........	2,161	14.1	.3	6.8	.5	.4	3.1	.2	.1
65-74...........	1,049	8.2	.2	3.9	.2	.2	1.9	.1	.1
75 AND OVER.....	465	5.8	.1	2.8	.2	.2	1.1	.1	.1
FEMALES:									
9-11............	1,011	19.0	1.5	6.6	.2	.8	6.1	.3	.8
12-14...........	1,148	18.8	1.3	7.3	.1	.6	5.7	.2	.6
15-18...........	1,473	21.7	1.0	9.0	.3	.5	6.1	.3	.4
19-22...........	1,317	20.5	.6	9.3	.3	.5	5.1	.3	.2
23-34...........	3,879	17.2	.4	7.7	.4	.4	4.3	.3	.2
35-50...........	3,759	13.5	.3	6.1	.4	.3	3.1	.2	.2
51-64...........	2,936	11.2	.2	4.9	.3	.2	2.7	.2	.2
65-74...........	1,376	8.4	.1	3.9	.2	.2	1.9	.1	.2
75 AND OVER.....	751	5.6	.1	2.6	.1	.3	1.3	.1	.1
ALL INDIVIDUALS...	4/36,142	15.7	.6	6.8	.3	.4	4.1	.2	.3

Continued—

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TABLE 1.06-2.--IRON
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.0	(5)	0.1	0.0	0.0	(5)	0.0
1-2.............	(5)	0.5	.4	(5)	.1	0.2	.0
3-5.............	.1	.6	.4	(5)	.3	.2	.0
6-8.............	.2	.9	1.1	(5)	.2	.3	.0
MALES:							
9-11............	.2	1.0	1.1	(5)	.3	.3	.0
12-14...........	.1	1.0	.9	(5)	.4	.4	.0
15-18...........	.1	1.1	.8	(5)	.3	.7	(5)
19-22...........	.2	1.4	.8	.1	.3	1.2	(5)
23-34...........	.1	1.2	1.0	.1	.2	1.5	.1
35-50...........	.2	.9	1.0	.1	.1	1.3	.1
51-64...........	.1	.6	.9	.1	.1	.9	(5)
65-74...........	.1	.4	.7	(5)	.1	.3	(5)
75 AND OVER.....	.1	.4	.5	(5)	(5)	.3	(5)
FEMALES:							
9-11............	.1	.9	1.2	(5)	.3	.3	.0
12-14...........	.1	1.1	.9	(5)	.3	.5	(5)
15-18...........	.1	1.3	1.0	.1	.4	1.1	(5)
19-22...........	.1	1.2	.9	.1	.3	1.3	.1
23-34...........	.2	.8	1.0	.1	.1	1.2	.1
35-50...........	.2	.6	.8	.1	.1	1.0	.1
51-64...........	.2	.5	.8	(5)	.1	.7	(5)
65-74...........	.2	.4	.7	(5)	.1	.3	(5)
75 AND OVER.....	.2	.3	.4	(5)	(5)	.2	(5)
ALL INDIVIDUALS...	.1	.8	.8	.1	.2	.8	.1

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.06-3.--IRON

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.8	32.4	6.0	1.3	4.0	45.9	0.5	4.2
1-2.............	4/1,035	92.2	6.1	22.6	4.8	3.6	38.4	1.9	5.2
3-5.............	1,719	89.6	4.4	23.1	3.5	4.0	39.9	1.7	3.4
6-8.............	1,841	82.1	3.7	21.7	2.5	3.5	37.1	1.4	2.8
MALES:									
9-11............	939	80.9	3.5	23.1	2.5	3.2	35.6	1.3	2.0
12-14...........	1,150	81.1	3.4	23.7	2.6	3.6	35.1	1.3	1.8
15-18...........	1,394	80.7	3.3	26.8	3.2	3.4	31.2	1.3	1.5
19-22...........	1,030	77.2	2.5	29.3	3.4	2.9	25.9	1.4	1.5
23-34...........	2,716	77.0	2.1	29.6	3.3	3.1	24.3	1.6	1.5
35-50...........	2,571	81.6	1.8	31.5	3.7	3.4	24.3	1.7	2.0
51-64...........	2,161	85.8	1.9	31.5	4.2	2.9	25.9	2.4	2.8
65-74...........	1,049	91.8	2.2	29.5	4.9	3.0	31.1	2.3	3.8
75 AND OVER.....	465	94.2	2.4	28.4	5.8	3.0	33.4	2.3	4.2
FEMALES:									
9-11............	1,011	81.0	3.4	22.5	2.5	3.7	35.4	1.5	2.3
12-14...........	1,148	81.2	3.4	24.8	2.4	3.6	33.0	1.7	2.3
15-18...........	1,473	78.3	3.1	26.4	2.6	3.0	28.5	1.7	1.9
19-22...........	1,317	79.5	2.8	27.3	3.5	3.6	25.9	2.2	2.2
23-34...........	3,879	82.8	2.5	29.4	3.4	3.1	25.2	2.3	2.4
35-50...........	3,759	86.5	2.1	31.5	3.8	3.1	24.7	2.6	2.5
51-64...........	2,936	88.8	2.1	30.5	3.8	2.9	25.9	3.1	4.0
65-74...........	1,376	91.6	2.2	27.9	4.0	2.3	30.8	3.4	4.5
75 AND OVER.....	751	94.4	2.8	26.4	4.2	2.3	34.8	2.9	5.2
ALL INDIVIDUALS...	4/36,142	84.3	3.1	27.7	3.5	3.2	29.3	2.1	2.7

Continued--

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TABLE 1.06-3.--IRON

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1........	0.8	0.6	2.8	(5)	0.1	0.2	0.0
1-2.............	.8	2.8	3.6	(5)	1.5	.8	.0
3-5.............	.7	2.7	3.4	0.1	2.0	.8	(5)
6-8.............	.8	2.6	3.3	.1	1.8	.8	(5)
MALES:							
9-11............	.8	2.7	3.0	.1	2.1	.9	(5)
12-14...........	.9	2.8	3.2	.1	1.7	.9	(5)
15-18...........	.9	2.9	3.5	.1	1.4	1.2	(5)
19-22...........	.7	2.8	4.0	.1	1.0	1.6	(5)
23-34...........	1.0	2.8	4.0	.2	1.0	2.2	.2
35-50...........	1.1	2.8	4.8	.2	.9	3.1	.3
51-64...........	1.4	2.7	5.6	.2	.9	3.3	.2
65-74...........	1.8	2.8	5.5	.1	1.2	3.4	.1
75 AND OVER.....	2.1	2.7	5.2	.1	1.0	3.2	.3
FEMALES:							
9-11............	.8	2.8	3.5	.1	1.5	.9	(5)
12-14...........	.8	2.9	3.5	.1	1.6	1.2	(5)
15-18...........	.9	2.9	3.7	.2	1.4	1.8	(5)
19-22...........	.9	2.7	4.5	.2	1.1	2.6	.1
23-34...........	1.3	2.7	5.4	.2	.9	3.7	.3
35-50...........	1.5	2.7	5.7	.3	.8	5.0	.2
51-64...........	1.9	2.7	6.4	.2	.7	4.5	.2
65-74...........	2.3	2.6	6.6	.2	1.0	3.8	.1
75 AND OVER.....	2.2	2.7	6.2	.2	1.0	3.5	.1
ALL INDIVIDUALS...	1.2	2.7	4.7	.2	1.2	2.7	.1

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON [illegible] CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.07-1.--MAGNESIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	53.8	4.5	0.5	5.5	19.3	1.6	6.4
1-2..............	4/1,035	100.0	35.0	12.0	1.8	6.2	22.4	4.3	5.7
3-5..............	1,719	100.0	29.6	13.4	1.4	7.9	25.6	4.2	4.2
6-8..............	1,841	100.0	29.6	14.0	1.0	7.8	25.0	3.8	3.8
MALES:									
9-11.............	939	100.0	28.1	15.4	1.0	7.6	25.2	3.5	3.2
12-14............	1,150	100.0	27.3	16.3	1.0	7.2	25.5	3.4	2.7
15-18............	1,394	100.0	24.8	18.6	1.3	6.4	24.2	3.4	2.3
19-22............	1,030	100.0	18.3	21.8	1.6	5.6	22.4	3.4	2.2
23-34............	2,716	100.0	13.8	20.8	1.5	5.5	21.3	3.5	2.2
35-50............	2,571	100.0	10.7	19.8	1.6	5.5	19.7	3.3	2.7
51-64............	2,161	100.0	11.1	18.6	1.6	4.7	20.0	4.1	3.9
65-74............	1,049	100.0	12.5	16.5	1.7	4.4	22.3	4.1	4.5
75 AND OVER......	465	100.0	13.4	15.0	2.1	4.2	23.0	4.0	5.3
FEMALES:									
9-11.............	1,011	100.0	28.1	14.3	1.0	7.6	25.3	3.9	3.8
12-14............	1,148	100.0	25.8	16.8	1.0	6.7	24.7	4.0	3.3
15-18............	1,473	100.0	22.8	19.1	1.1	5.5	22.9	4.2	2.9
19-22............	1,317	100.0	16.9	20.2	1.5	6.1	21.7	4.6	2.9
23-34............	3,879	100.0	14.0	19.2	1.4	5.2	20.4	4.5	3.0
35-50............	3,759	100.0	10.7	18.5	1.5	4.6	18.5	4.7	3.1
51-64............	2,936	100.0	10.7	17.0	1.4	4.2	18.9	5.4	4.8
65-74............	1,376	100.0	12.5	15.0	1.3	3.2	21.5	5.9	5.5
75 AND OVER......	751	100.0	14.8	13.6	1.4	3.4	23.5	4.9	5.8
ALL INDIVIDUALS...	4/36,142	100.0	18.0	17.4	1.4	5.6	21.7	4.2	3.5

Continued--

TABLE 1.07-1.--MAGNESIUM
PERCENTAGE FROM 14 FOOD GROUPS[1] PER INDIVIDUAL PER DAY,[2] 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	2.2	1.3	4.1	(5)	0.2	0.4	0.0
1-2.............	1.1	5.4	3.8	(5)	1.0	1.3	(5)
3-5.............	1.2	5.5	4.0	0.1	1.2	1.6	(5)
6-8.............	1.4	6.0	4.7	.1	1.3	1.5	(5)
MALES:							
9-11............	1.5	5.6	4.6	.1	1.4	1.7	(5)
12-14...........	1.5	6.7	4.6	.1	1.4	2.2	(5)
15-18...........	1.5	7.1	5.1	.1	1.2	3.5	.5
19-22...........	1.5	7.3	5.4	.2	.9	6.2	3.2
23-34...........	1.5	6.9	5.6	.2	.8	11.7	4.7
35-50...........	1.8	6.2	6.4	.2	.7	17.2	4.1
51-64...........	2.1	5.7	6.9	.2	.7	17.9	2.5
65-74...........	2.6	5.5	6.7	.1	.7	16.6	1.6
75 AND OVER.....	3.1	5.4	6.4	.1	.6	16.2	1.3
FEMALES:							
9-11............	1.4	6.3	5.1	.1	1.3	1.8	(5)
12-14...........	1.2	7.1	4.9	.1	1.6	2.5	(5)
15-18...........	1.5	7.4	5.3	.2	1.5	5.2	.2
19-22...........	1.5	6.7	6.1	.2	1.0	9.3	1.2
23-34...........	2.0	6.0	6.8	.2	.8	15.2	1.4
35-50...........	2.3	5.5	6.8	.2	.7	21.8	1.0
51-64...........	2.6	5.1	7.5	.2	.6	20.9	.8
65-74...........	3.1	5.1	7.5	.2	.7	18.1	.4
75 AND OVER.....	3.0	5.1	6.6	.1	.7	16.8	.3
ALL INDIVIDUALS...	1.9	6.0	6.0	.2	.9	11.8	1.4

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.07-2.--MAGNESIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.2	0.6	0.1	(5)	(5)	0.2	(5)	0.1
1-2..............	4/1,035	7.4	2.1	1.3	0.1	0.4	1.6	0.2	.3
3-5..............	1,719	10.6	3.1	1.8	.1	.8	2.3	.3	.5
6-8..............	1,841	19.9	6.9	3.4	.1	1.2	4.0	.5	.7
MALES:									
9-11.............	939	21.6	7.1	3.9	.1	1.4	4.3	.5	.7
12-14............	1,150	20.7	6.7	4.0	.1	1.0	4.4	.4	.5
15-18............	1,394	19.6	5.3	4.6	.1	.6	4.0	.4	.4
19-22............	1,030	21.9	3.2	6.1	.2	.8	4.3	.5	.2
23-34............	2,716	22.9	2.5	5.[illegible]	.3	.7	4.1	.5	.3
35-50............	2,571	18.3	1.5	4.5	.3	.6	2.9	.3	.1
51-64............	2,161	14.1	1.1	3.5	.2	.5	2.2	.3	.2
65-74............	1,049	7.9	.6	2.1	.1	.2	1.3	.1	.1
75 AND OVER......	465	5.5	.5	1.4	.1	.2	.8	.1	.1
FEMALES:									
9-11.............	1,011	21.3	7.5	3.4	.1	1.3	4.4	.5	.8
12-14............	1,148	20.3	6.4	3.9	.1	.9	4.3	.5	.5
15-18............	1,473	21.8	5.0	4.9	.1	.9	4.7	.5	.5
19-22............	1,317	20.0	2.6	5.4	.1	.8	3.9	.6	.3
23-34............	3,879	16.5	1.7	4.2	.1	.6	3.1	.4	.3
35-50............	3,759	13.1	1.1	3.2	.2	.4	2.2	.3	.2
51-64............	2,936	10.5	.8	2.5	.1	.3	1.8	.3	.2
65-74............	1,376	7.6	.5	2.0	.1	.2	1.3	.2	.2
75 AND OVER......	751	5.1	.6	1.4	(5)	.3	.8	.1	.1
ALL INDIVIDUALS...	4/36,142	15.8	2.7	3.6	.1	.6	3.0	.4	.3

Continued--

TABLE 1.07-2.--MAGNESIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	0.1	0.1	0.0	0.0	(5)	0.0
1-2.............	0.1	.7	.3	(5)	.1	0.2	.0
3-5.............	.1	.8	.4	(5)	.2	.2	(5)
6-8.............	.3	1.3	1.1	(5)	.3	.2	(5)
MALES:							
9-11............	.3	.6	1.2	(5)	.4	.2	(5)
12-14...........	.2	1.6	1.0	(5)	.4	.3	.0
15-18...........	.2	1.8	.8	(5)	.5	.8	.2
19-22...........	.3	2.1	.8	(5)	.4	1.6	1.4
23-34...........	.2	1.8	1.0	.1	.3	3.9	1.8
35-50...........	.2	1.3	.9	(5)	.1	4.5	1.0
51-64...........	.2	1.0	.9	(5)	.1	3.5	.5
65-74...........	.2	.7	.7	(5)	.1	1.4	.4
75 AND OVER.....	.1	.6	.6	(5)	(5)	1.0	.1
FEMALES:							
9-11............	.2	1.3	1.2	(5)	.3	.2	.0
12-14...........	.1	1.7	.9	(5)	.4	.4	(5)
15-18...........	.1	2.0	1.1	(5)	.6	1.2	.1
19-22...........	.2	1.8	1.0	.1	.4	2.2	.8
23-34...........	.2	1.2	1.0	.1	.2	3.0	.5
35-50...........	.2	.9	.8	.1	.2	3.0	.2
51-64...........	.2	.7	.8	(5)	.1	2.6	.2
65-74...........	.2	.7	.7	(5)	.1	1.4	(5)
75 AND OVER.....	.2	.4	.4	(5)	(5)	.7	(5)
ALL INDIVIDUALS...	.2	1.2	.8	(5)	.2	2.1	.4

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.07-3.--MAGNESIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES: 4/									
UNDER 1..........	4/421	98.8	53.2	4.4	0.5	5.5	19.2	1.6	0.4
1-2..............	4/1,035	92.6	32.9	10.7	1.7	5.8	20.9	4.0	5.4
3-5..............	1,719	89.4	26.5	11.6	1.3	7.2	23.2	3.8	3.8
6-8..............	1,841	80.1	22.7	10.6	.9	6.6	21.0	3.3	3.1
MALES:									
9-11.............	939	78.4	21.0	11.5	1.0	6.2	20.9	3.0	2.5
12-14............	1,150	79.3	20.6	12.3	1.0	6.1	21.1	2.9	2.2
15-18............	1,394	80.3	19.5	13.9	1.3	5.7	20.2	3.0	1.9
19-22............	1,030	78.1	15.2	15.7	1.4	4.8	18.1	2.9	2.1
23-34............	2,716	77.1	11.2	15.3	1.2	4.8	17.3	3.0	1.9
35-50............	2,571	81.7	9.2	15.4	1.3	4.9	16.8	3.0	2.5
51-64............	2,161	85.9	10.0	15.1	1.4	4.2	17.8	3.9	3.7
65-74............	1,049	92.1	12.0	14.4	1.7	4.2	21.0	3.9	4.4
75 AND OVER......	465	94.5	12.9	13.7	2.1	3.9	22.3	3.9	5.1
FEMALES:									
9-11.............	1,011	78.7	20.6	11.0	.9	6.3	20.9	3.4	3.0
12-14............	1,148	79.7	19.4	12.9	.9	5.8	20.4	3.6	2.8
15-18............	1,473	78.2	17.8	14.2	1.0	4.6	18.2	3.7	2.4
19-22............	1,317	80.0	14.4	14.8	1.3	5.3	17.7	4.1	2.7
23-34............	3,879	83.5	12.3	15.1	1.2	4.6	17.3	4.1	2.7
35-50............	3,759	86.9	9.6	15.3	1.3	4.2	16.3	4.4	2.9
51-64............	2,936	89.5	9.9	14.5	1.3	3.9	17.1	5.1	4.6
65-74............	1,376	92.4	11.9	13.0	1.3	3.0	20.2	5.7	5.3
75 AND OVER......	751	94.9	14.2	12.2	1.4	3.1	22.6	4.8	5.7
ALL INDIVIDUALS...	4/36,142	84.2	15.3	13.8	1.3	4.9	18.7	3.8	3.2

Continued--

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TABLE 1.07-3.--MAGNESIUM
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	2.2	1.2	4.1	(5)	0.2	0.4	0.0
1-2............	1.0	4.7	3.5	(5)	.9	1.2	(5)
3-5............	1.0	4.7	3.7	0.1	1.0	1.4	(5)
6-8............	1.1	4.7	3.6	.1	1.0	1.3	(5)
MALES:							
9-11...........	1.1	5.0	3.4	.1	1.1	1.5	(5)
12-14..........	1.3	5.1	3.7	.1	1.0	1.9	(5)
15-18..........	1.3	5.3	4.3	.1	.7	2.8	.3
19-22..........	1.3	5.2	4.6	.1	.5	4.5	1.8
23-34..........	1.4	5.1	4.6	.1	.5	7.7	2.9
35-50..........	1.6	4.9	5.5	.2	.6	12.7	3.1
51-64..........	1.9	4.7	6.0	.2	.6	14.4	2.0
65-74..........	2.4	4.9	6.0	.1	.7	15.2	1.2
75 AND OVER.....	3.0	4.7	5.8	.1	.5	15.3	1.2
FEMALES:							
9-11...........	1.2	5.0	3.8	.1	1.0	1.5	(5)
12-14..........	1.1	5.4	4.0	.1	1.2	2.1	(5)
15-18..........	1.3	5.4	4.2	.2	.9	4.0	.1
19-22..........	1.3	4.9	5.2	.2	.6	7.0	.5
23-34..........	1.8	4.8	5.8	.2	.6	12.2	.9
35-50..........	2.0	4.5	6.0	.2	.6	18.8	.8
51-64..........	2.4	4.4	6.7	.2	.5	18.3	.6
65-74..........	2.9	4.4	6.8	.1	.6	16.7	.3
75 AND OVER.....	2.8	4.7	6.2	.1	.7	16.1	.3
ALL INDIVIDUALS...	1.7	4.8	5.1	.1	.7	9.7	.9

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.08-1.--PHOSPHORUS

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	67.6	5.6	1.4	4.9	13.7	0.5	2.0
1-2.............	4/1,035	100.0	48.2	17.3	4.1	3.3	17.0	1.5	1.5
3-5.............	1,719	100.0	42.1	19.7	3.5	4.0	20.4	1.5	1.1
6-8.............	1,841	100.0	42.2	20.6	2.4	3.9	20.3	1.3	1.0
MALES:									
9-11............	[illegible]39	100.0	39.2	22.6	2.6	3.8	20.9	1.3	.8
12-14...........	1,150	100.0	38.0	23.5	2.6	3.7	21.3	1.2	.7
15-18...........	1,394	100.0	34.9	26.7	3.3	3.3	19.9	1.2	.6
19-22...........	1,030	100.0	27.0	32.0	3.8	3.1	19.1	1.3	.6
23-34...........	2,716	100.0	23.2	33.1	4.0	3.1	19.4	1.3	.6
35-50...........	2,571	100.0	19.8	35.0	4.7	3.4	19.2	1.4	.8
51-64...........	2,161	100.0	21.3	34.2	4.8	3.0	19.4	1.8	1.1
65-74...........	1,049	100.0	23.5	30.3	5.3	2.9	21.4	1.7	1.4
75 AND OVER.....	465	100.0	24.3	28.0	6.4	2.7	22.8	1.7	1.6
FEMALES:									
9-11............	1,011	100.0	40.3	21.2	2.4	4.0	20.8	1.4	1.0
12-14...........	1,148	100.0	36.6	24.4	2.5	3.5	20.6	1.4	.9
15-18...........	1,473	100.0	33.0	27.8	2.8	3.0	19.3	1.5	.7
19-22...........	1,317	100.0	26.8	30.8	3.8	3.5	19.0	1.8	.8
23-34...........	3,879	100.0	25.0	31.7	3.8	3.1	19.1	1.8	.9
35-50...........	3,759	100.0	21.3	34.0	4.6	3.0	18.9	2.0	1.0
51-64...........	2,936	100.0	22.3	32.6	4.4	2.8	19.4	2.4	1.6
65-74...........	1,376	100.0	24.7	29.3	4.3	2.2	21.3	2.6	1.8
75 AND OVER.....	751	100.0	27.7	26.1	4.4	2.2	22.8	2.2	1.8
ALL INDIVIDUALS...	4/36,142	100.0	28.9	29.0	3.9	3.2	19.7	1.7	1.0

Continued--

TABLE 1.08-1.--PHOSPHORUS
PERCENTAGE FROM 14 FOOD GROUPS[1] PER INDIVIDUAL PER DAY,[2] 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1	0.9	0.7	2.4	(5)	0.2	0.1	0.0
1-2	.4	2.9	2.4	0.1	.6	.8	(5)
3-5	.3	3.1	2.4	.2	.7	1.1	(5)
6-8	.4	3.3	2.7	.2	.7	1.0	(5)
MALES:							
9-11	.4	3.6	2.6	.2	.8	1.2	(5)
12-14	.4	3.6	2.6	.2	.8	1.4	(5)
15-18	.4	3.9	2.7	.2	.7	2.0	.3
19-22	.4	4.2	3.1	.2	.5	2.8	2.0
23-34	.5	4.2	3.3	.3	.5	3.2	3.1
35-50	.7	4.1	4.1	.4	.5	3.2	2.8
51-64	.8	3.9	4.4	.5	.4	2.7	1.7
65-74	1.0	3.8	4.3	.4	.4	2.3	1.2
75 AND OVER	1.0	3.7	4.2	.4	.4	2.1	.8
FEMALES:							
9-11	.4	3.6	2.9	.2	.8	1.2	(5)
12-14	.4	3.8	2.8	.2	1.0	1.9	(5)
15-18	.5	4.1	2.9	.3	.9	3.1	.1
19-22	.5	3.9	3.6	.3	.6	3.8	.7
23-34	.7	3.8	4.2	.4	.5	4.2	.8
35-50	.9	3.8	4.4	.6	.5	4.4	.6
51-64	1.1	3.6	5.0	.5	.4	3.3	.5
65-74	1.2	3.6	5.1	.5	.5	2.5	.3
75 AND OVER	1.3	3.6	4.4	.7	.5	2.2	.2
ALL INDIVIDUALS	.7	3.7	3.7	.4	.6	2.8	.9

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.08-2.--PHOSPHORUS
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.2	0.8	0.1	(5)	(5)	0.1	(5)	(5)
1-2.............	4/1,035	7.7	3.0	1.9	0.2	0.2	1.3	0.1	0.1
3-5.............	1,719	10.9	4.4	2.5	.2	.4	1.9	.1	.1
6-8.............	1,841	21.0	9.8	4.7	.2	.6	3.4	.2	.2
MALES:									
9-11............	939	22.5	9.8	5.4	.2	.7	3.8	.2	.2
12-14...........	1,150	21.8	9.2	5.4	.1	.6	4.0	.2	.1
15-18...........	1,394	20.9	7.5	6.4	.2	.4	3.5	.1	.1
19-22...........	1,030	22.8	4.8	8.8	.4	.4	3.9	.2	.1
23-34...........	2,716	23.0	4.3	8.7	.8	.4	3.9	.2	.1
35-50...........	2,571	18.4	2.8	7.7	.8	.4	3.0	.1	(5)
51-64...........	2,161	14.2	2.3	6.1	.5	.3	2.3	.1	.1
65-74...........	1,049	8.4	1.2	3.8	.2	.2	1.4	.1	(5)
75 AND OVER.....	465	5.8	.9	2.4	.1	.1	1.0	(5)	(5)
FEMALES:									
9-11............	1,011	22.4	10.7	4.6	.1	.7	3.8	.2	.2
12-14...........	1,148	21.3	9.1	5.3	.1	.5	3.6	.2	.2
15-18...........	1,473	22.9	7.3	6.9	.3	.4	4.1	.2	.1
19-22...........	1,317	20.6	4.3	7.9	.4	.4	3.5	.2	.1
23-34...........	3,879	17.0	3.1	6.6	.4	.4	3.1	.2	.1
35-50...........	3,759	13.8	2.3	5.6	.5	.3	2.4	.1	.1
51-64...........	2,936	11.2	1.7	4.6	.3	.2	2.2	.1	.1
65-74...........	1,376	8.5	1.1	3.8	.2	.2	1.6	.1	.1
75 AND OVER.....	751	5.8	1.1	2.4	.1	.2	1.1	.1	(5)
ALL INDIVIDUALS...	4/36,142	16.4	4.3	5.7	.4	.4	2.8	.1	.1

Continued--

TABLE 1.08-2.--PHOSPHORUS

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY.2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	(5)	0.1	(5)	(5)	0.0	(5)	0.0
1-2.............	(5)	.4	0.2	(5)	.1	0.2	.0
3-5.............	(5)	.5	.2	(5)	.1	.2	(5)
6-8.............	0.1	.8	.6	(5)	.2	.2	(5)
MALES:							
9-11............	.1	1.0	.6	(5)	.3	.3	(5)
12-14...........	.1	.9	.5	(5)	.2	.5	.0
15-18...........	(5)	1.0	.4	(5)	.3	.8	.1
19-22...........	.1	1.3	.4	(5)	.2	1.3	.9
23-34...........	.1	1.2	.6	.1	.2	1.4	1.2
35-50...........	.1	.9	.6	.1	.1	1.0	.7
51-64...........	.1	.7	.5	.1	.1	.6	.3
65-74...........	.1	.5	.4	(5)	(5)	.2	.3
75 AND OVER.....	(5)	.4	.4	(5)	(5)	.2	.1
FEMALES:							
9-11............	.1	.8	.7	(5)	.2	.3	.0
12-14...........	(5)	1.0	.5	(5)	.3	.6	(5)
15-18...........	(5)	1.2	.6	(5)	.3	1.2	.1
19-22...........	.1	1.1	.5	.1	.2	1.4	.5
23-34...........	.1	.8	.6	.1	.1	1.1	.3
35-50...........	.1	.7	.5	.1	.1	.8	.1
51-64...........	.1	.6	.5	.1	.1	.5	.1
65-74...........	.1	.5	.5	(5)	.1	.2	(5)
75 AND OVER.....	.1	.3	.2	(5)	(5)	.1	(5)
ALL INDIVIDUALS...	.1	.8	.5	.1	.1	.7	.3

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.08-3.--PHOSPHORUS
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.8	66.8	5.4	1.4	4.9	13.6	0.5	2.0
1-2..............	4/1,035	92.3	45.1	15.4	3.9	3.1	15.7	1.4	1.4
3-5..............	1,719	89.1	37.6	17.2	3.2	3.6	18.5	1.4	1.0
6-8..............	1,841	79.0	32.4	16.0	2.2	3.3	16.8	1.1	.8
MALES:									
9-11.............	939	77.5	29.4	17.3	2.4	3.1	17.1	1.1	.6
12-14............	1,150	78.2	28.8	18.2	2.4	3.1	17.3	1.0	.6
15-18............	1,394	79.1	27.4	20.3	3.1	3.0	16.4	1.0	.5
19-22............	1,030	77.2	22.2	23.3	3.4	2.6	15.2	1.1	.5
23-34............	2,716	77.0	18.9	24.4	3.3	2.7	15.5	1.1	.5
35-50............	2,571	81.6	17.0	27.3	3.9	3.1	16.1	1.3	.7
51-64............	2,161	85.8	19.0	28.1	4.3	2.7	17.1	1.6	1.1
65-74............	1,049	91.6	22.2	26.6	5.1	2.7	20.1	1.7	1.4
75 AND OVER......	465	94.2	23.4	25.6	6.2	2.6	21.8	1.6	1.6
FEMALES:									
9-11.............	1,011	77.6	29.6	16.5	2.3	3.3	17.1	1.2	.7
12-14............	1,148	78.7	27.5	19.1	2.3	3.0	17.0	1.3	.7
15-18............	1,473	77.1	25.7	20.9	2.6	2.5	15.2	1.3	.6
19-22............	1,317	79.4	22.5	22.9	3.5	3.0	15.5	1.6	.8
23-34............	3,879	83.0	21.9	25.1	3.4	2.7	15.9	1.6	.8
35-50............	3,759	86.2	19.0	28.3	4.1	2.8	16.5	1.9	.9
51-64............	2,936	88.8	20.6	28.0	4.1	2.6	17.1	2.3	1.5
65-74............	1,376	91.5	23.5	25.5	4.1	2.0	19.8	2.6	1.7
75 AND OVER......	751	94.2	26.6	23.7	4.3	2.1	21.7	2.1	1.8
ALL INDIVIDUALS..	4/36,142	83.6	24.6	23.3	3.5	2.9	16.8	1.5	.9

Continued--

TABLE 1.08-3.--PHOSPHORUS
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	0.9	0.6	2.4	(5)	0.2	0.1	0.0
1-2.............	.4	2.5	2.2	0.1	.5	.6	(5)
3-5.............	.3	2.6	2.2	.2	.6	.8	(5)
6-8.............	.3	2.5	2.1	.1	.5	.8	(5)
MALES:							
9-11............	.3	2.6	1.9	.1	.6	.9	(5)
12-14...........	.4	2.7	2.1	.2	.5	1.0	(5)
15-18...........	.4	2.9	2.3	.2	.4	1.2	.2
19-22...........	.4	2.8	2.7	.2	.3	1.5	1.1
23-34...........	.5	3.0	2.7	.2	.3	1.8	1.9
35-50...........	.6	3.1	3.5	.3	.4	2.1	2.1
51-64...........	.7	3.2	3.8	.4	.4	2.1	1.4
65-74...........	1.0	3.4	3.9	.3	.4	2.1	.9
75 AND OVER.....	1.0	3.2	3.8	.4	.3	2.0	.7
FEMALES:							
9-11............	.3	2.7	2.2	.2	.6	.9	(5)
12-14...........	.4	2.9	2.2	.2	.7	1.3	(5)
15-18...........	.4	2.9	2.4	.2	.5	1.9	(5)
19-22...........	.5	2.8	3.1	.2	.4	2.4	.2
23-34...........	.7	3.0	3.6	.3	.4	3.1	.5
35-50...........	.8	3.1	4.0	.5	.4	3.5	.4
51-64...........	1.0	3.0	4.5	.4	.4	2.9	.4
65-74...........	1.1	3.1	4.7	.5	.4	2.3	.3
75 AND OVER.....	1.2	3.2	4.1	.7	.5	2.0	.2
ALL INDIVIDUALS...	.6	2.9	3.2	.3	.4	2.0	.6

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.09-1.--VITAMIN A VALUE
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	47.0	7.7	1.1	3.7	3.0	1.2	4.0
1-2..............	4/1,035	100.0	26.6	9.6	4.5	.5	19.3	6.3	4.5
3-5..............	1,719	100.0	23.1	8.8	3.8	.4	25.1	6.9	4.1
6-8..............	1,841	100.0	22.7	8.7	2.7	.3	24.0	6.5	4.8
MALES:									
9-11.............	939	100.0	21.2	9.9	2.9	.3	24.3	6.3	4.0
12-14............	1,150	100.0	21.4	10.0	3.0	.4	23.9	6.2	3.9
15-18............	1,394	100.0	21.8	12.2	4.0	.5	19.5	6.9	3.3
19-22............	1,030	100.0	18.5	15.5	4.7	.5	15.7	8.0	3.1
23-34............	2,716	100.0	15.8	13.9	5.1	.6	13.6	8.3	3.3
35-50............	2,571	100.0	12.4	13.6	5.4	.6	11.7	8.0	4.1
51-64............	2,161	100.0	11.8	14.2	5.0	.5	10.9	8.5	5.6
65-74............	1,049	100.0	11.2	14.0	4.8	.6	12.4	7.5	6.8
75 AND OVER......	465	99.8	11.0	11.5	6.2	.3	13.0	7.7	6.6
FEMALES:									
9-11.............	1,011	100.0	21.5	8.6	2.7	.3	23.2	6.8	4.8
12-14............	1,148	100.0	21.9	10.5	2.9	.3	21.5	7.5	4.6
15-18............	1,473	100.0	20.3	11.9	3.3	.3	18.2	8.0	4.0
19-22............	1,317	99.8	17.1	11.7	4.3	.4	15.1	9.6	3.7
23-34............	3,879	100.0	14.5	12.7	4.1	.4	13.2	8.9	4.1
35-50............	3,759	100.0	11.6	12.6	4.4	.5	10.7	9.4	5.1
51-64............	2,936	100.0	10.3	12.6	3.8	.4	10.4	9.0	7.2
65-74............	1,376	100.0	10.4	11.8	3.3	.2	11.8	9.2	7.9
75 AND OVER......	751	100.0	12.1	10.5	3.7	.2	12.8	8.0	6.9
ALL INDIVIDUALS...	4/36,142	100.0	16.4	12.0	4.1	.5	15.4	8.0	4.8

Continued--

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TABLE 1.09-1.--VITAMIN A VALUE
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	19.2	0.4	12.0	0.6	(5)	(5)	0.0
1-2.............	11.3	1.4	11.4	4.0	0.2	0.4	.0
3-5.............	10.5	1.3	10.5	4.9	.2	.3	(5)
6-8.............	12.3	1.4	11.7	4.5	.2	.3	(5)
MALES:							
9-11............	12.5	1.5	11.4	5.0	.2	.3	(5)
12-14...........	12.5	1.7	11.6	5.1	.1	.2	.0
15-18...........	11.7	1.8	12.5	5.4	.2	.2	(5)
19-22...........	10.8	2.1	15.1	5.6	.1	.3	(5)
23-34...........	13.1	2.0	17.8	6.2	.1	.1	(5)
35-50...........	15.6	2.[illegible]	19.6	6.6	.2	.1	.1
51-64...........	15.9	1.[illegible]	19.2	6.3	.1	.1	(5)
65-74...........	18.5	1.5	16.2	6.2	.1	.1	(5)
75 AND OVER.....	19.6	1.5	15.9	6.4	.1	.1	(5)
FEMALES:							
9-11............	12.2	1.4	13.3	4.7	.1	.2	.0
12-14...........	11.2	1.6	12.9	4.6	.3	.3	.0
15-18...........	12.0	1.8	14.4	5.3	.2	.3	(5)
19-22...........	11.9	1.9	17.6	6.1	.2	.2	.1
23-34...........	14.4	1.8	19.5	5.9	.1	.2	.1
35-50...........	16.5	1.7	21.4	5.6	.1	.1	(5)
51-64...........	19.0	1.4	20.0	5.6	.2	.2	(5)
65-74...........	20.8	1.3	18.0	5.2	.1	.1	(5)
75 AND OVER.....	21.1	1.3	16.8	6.3	.1	.1	(5)
ALL INDIVIDUALS...	14.6	1.7	16.7	5.5	.1	.2	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.09-2.--VITAMIN A VALUE
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.2	0.4	0.2	(5)	(5)	0.1	0.1	(5)
1-2..............	4/1,035	6.9	1.8	.7	0.2	(5)	1.1	.5	0.3
3-5..............	1,719	9.2	2.4	1.0	.2	(5)	1.5	.7	.4
6-8..............	1,841	18.3	4.9	1.7	.2	0.1	2.5	1.0	1.1
MALES:									
9-11.............	939	19.5	4.8	2.1	.2	.1	3.0	1.0	1.0
12-14............	1,150	17.8	4.9	2.0	.2	.1	3.0	1.0	.9
15-18............	1,394	16.5	4.6	2.4	.2	.1	2.6	1.1	.7
19-22............	1,030	19.6	3.7	4.2	.6	.1	2.8	1.6	.3
23-34............	2,716	19.9	3.1	3.4	1.0	.1	2.6	1.4	.5
35-50............	2,571	15.5	1.9	3.2	.8	.1	1.4	1.0	.2
51-64............	2,161	12.2	1.3	2.1	.5	.1	1.0	.8	.2
65-74............	1,049	7.6	.7	1.3	.2	(5)	.8	.3	.1
75 AND OVER......	465	5.4	.4	1.0	.2	(5)	.3	.1	.2
FEMALES:									
9-11.............	1,011	19.1	5.5	1.7	.1	.1	3.0	1.0	1.2
12-14............	1,148	17.3	5.3	2.0	.2	.1	2.8	1.1	.8
15-18............	1,473	18.3	4.6	2.5	.3	(5)	3.0	1.4	.6
19-22............	1,317	17.6	3.0	3.3	.4	.1	2.4	1.6	.3
23-34............	3,879	14.9	2.0	2.7	.4	.1	1.7	1.2	.4
35-50............	3,759	12.2	1.5	2.0	.4	(5)	1.1	.9	.3
51-64............	2,936	10.2	.9	1.5	.3	.1	1.0	.7	.4
65-74............	1,376	7.8	.5	1.2	.1	(5)	.7	.4	.2
75 AND OVER......	751	5.6	.5	.9	(5)	(5)	.5	.5	.2
ALL INDIVIDUALS...	4/36,142	14.0	2.5	2.2	.4	.1	1.8	1.0	.5

Continued--

TABLE 1.09-2.--VITAMIN A VALUE
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	0.1	0.3	(5)	0.0	0.0	0.0
1-2.............	0.7	.2	1.2	0.2	(5)	(5)	.0
3-5.............	1.1	.1	1.4	.3	(5)	(5)	(5)
6-8.............	2.8	.3	3.4	.4	(5)	(5)	(5)
MALES:							
9-11............	3.0	.3	3.4	.5	(5)	(5)	(5)
12-14...........	2.1	.3	2.9	.5	(5)	(5)	.0
15-18...........	1.5	.3	2.5	.5	.1	(5)	(5)
19-22...........	1.9	.4	3.3	.6	.1	.1	(5)
23-34...........	1.9	.4	4.2	1.1	(5)	(5)	(5)
35-50...........	1.8	.4	3.9	.9	(5)	(5)	(5)
51-64...........	1.6	.3	3.5	.7	(5)	(5)	(5)
65-74...........	1.3	.2	2.2	.3	(5)	(5)	(5)
75 AND OVER.....	1.0	.2	1.8	.2	(5)	(5)	(5)
FEMALES:							
9-11............	2.3	.3	3.5	.5	(5)	(5)	.0
12-14...........	1.5	.3	2.8	.4	.1	.1	.0
15-18...........	1.3	.3	3.5	.6	.1	(5)	(5)
19-22...........	1.7	.4	3.4	.9	.1	(5)	.1
23-34...........	1.8	.3	3.6	.6	(5)	(5)	.1
35-50...........	1.9	.2	3.3	.6	(5)	(5)	(5)
51-64...........	1.8	.2	2.9	.4	(5)	(5)	(5)
65-74...........	1.9	.2	2.2	.3	(5)	(5)	(5)
75 AND OVER.....	1.4	.1	1.2	.3	(5)	(5)	(5)
ALL INDIVIDUALS...	1.8	.3	3.1	.6	(5)	(5)	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.09-3.--VITAMIN A VALUE
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.8	46.5	7.6	1.1	3.6	3.0	1.1	4.0
1-2..............	4/1,035	93.1	24.9	8.9	4.3	.5	18.2	5.9	4.2
3-5..............	1,719	90.8	20.7	7.8	3.6	.4	23.7	6.3	3.6
6-8..............	1,841	81.7	17.9	7.0	2.5	.3	21.5	5.5	3.7
MALES:									
9-11.............	939	80.5	16.4	7.8	2.7	.2	21.3	5.3	3.0
12-14............	1,150	82.2	16.5	8.0	2.8	.3	20.9	5.2	2.9
15-18............	1,394	83.5	17.1	9.9	3.8	.4	16.9	5.8	2.6
19-22............	1,030	80.4	14.8	11.3	4.1	.4	12.9	6.4	2.8
23-34............	2,716	80.1	12.6	10.5	4.1	.5	10.9	6.9	2.8
35-50............	2,571	84.5	10.5	10.8	4.6	.5	10.3	7.1	3.8
51-64............	2,161	87.8	10.5	12.1	4.3	.4	9.9	7.7	5.4
65-74............	1,049	92.4	10.4	12.7	[illegible]	.6	11.6	7.1	6.7
75 AND OVER......	465	94.4	10.6	10.5	6.0	.3	12.7	7.5	6.4
FEMALES:									
9-11.............	1,011	80.9	16.0	6.9	2.6	.2	20.3	5.9	3.6
12-14............	1,148	82.7	16.6	8.5	2.7	.3	18.7	6.4	3.7
15-18............	1,473	81.7	15.8	9.4	3.0	.3	15.2	6.6	3.4
19-22............	1,317	82.3	14.1	8.4	3.9	.3	12.7	8.0	3.4
23-34............	3,879	85.1	12.5	10.0	3.7	.3	11.5	7.7	3.7
35-50............	3,759	87.8	10.1	10.7	4.0	.5	9.6	8.5	4.9
51-64............	2,936	89.8	9.4	11.1	3.5	.3	9.4	8.4	6.8
65-74............	1,376	92.2	9.8	10.6	3.1	.2	11.0	8.7	7.7
75 AND OVER......	751	94.4	11.6	9.7	3.7	.2	12.3	7.5	6.7
ALL INDIVIDUALS...	4/36,142	85.9	13.9	9.8	3.7	.4	13.6	7.1	4.3

Continued--

TABLE 1.09-3.--VITAMIN A VALUE
PERCENTAGE FROM 14 FOOD GROUPS[1] PER INDIVIDUAL PER DAY,[2] 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	19.2	0.3	11.7	0.6	(5)	(5)	0.0
1-2.............	10.6	1.2	10.1	3.8	0.1	0.3	.0
3-5.............	9.3	1.1	9.2	4.6	.1	.3	.0
6-8.............	9.5	1.1	8.3	4.1	.1	.3	.0
MALES:							
9-11............	9.5	1.2	8.0	4.5	.1	.3	.0
12-14...........	10.4	1.4	8.8	4.6	.1	.2	.0
15-18...........	10.2	1.5	10.0	4.9	.1	.2	(5)
19-22...........	8.9	1.7	11.8	5.0	(5)	.2	(5)
23-34...........	11.3	1.6	13.5	5.2	.1	.1	(5)
35-50...........	13.8	1.7	15.7	5.7	.1	.1	(5)
51-64...........	14.2	1.5	15.8	5.6	.1	.1	(5)
65-74...........	17.2	1.3	14.0	5.9	.1	(5)	(5)
75 AND OVER.....	18.5	1.3	14.1	6.3	(5)	.1	(5)
FEMALES:							
9-11............	9.8	1.1	9.9	4.3	.1	.2	.0
12-14...........	9.7	1.3	10.1	4.2	.2	.2	.0
15-18...........	10.6	1.5	10.9	4.7	.1	.3	(5)
19-22...........	10.2	1.5	14.3	5.2	.1	.2	(5)
23-34...........	12.7	1.5	15.9	5.3	.1	.2	(5)
35-50...........	14.6	1.5	18.1	5.0	.1	.1	(5)
51-64...........	17.2	1.3	17.1	5.1	.1	.2	(5)
65-74...........	18.9	1.1	15.7	4.9	.1	.1	(5)
75 AND OVER.....	19.7	1.1	15.6	6.0	.1	.1	(5)
ALL INDIVIDUALS...	12.9	1.4	13.6	5.0	.1	.2	(5)

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[1] SEE "TABLE NOTES," APPENDIX B.
[2] BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
[3] PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
[4] EXCLUDES BREAST-FED INFANTS.
[5] VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.10-1.--THIAMIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	46.3	3.5	0.6	3.6	37.4	1.9	2.5
1-2.............	4/1,035	100.0	20.8	15.2	1.8	2.0	42.3	5.9	2.8
3-5.............	1,719	100.0	15.7	16.5	1.4	2.3	47.8	5.3	2.1
6-8.............	1,841	100.0	16.0	16.8	.9	2.2	47.3	5.0	2.0
MALES:									
9-11............	939	100.0	15.0	18.3	1.0	2.2	47.6	4.4	1.6
12-14...........	1,150	100.0	15.0	19.0	1.0	2.2	47.1	4.2	1.4
15-18...........	1,394	100.0	14.1	22.9	1.3	2.2	43.7	4.1	1.1
19-22...........	1,030	100.0	10.9	27.6	1.5	1.9	40.7	4.3	1.2
23-34...........	2,716	100.0	8.7	29.2	1.8	2.2	40.1	4.5	1.3
35-50...........	2,571	100.0	7.1	29.7	2.0	2.4	39.3	4.5	1.6
51-64...........	2,161	100.0	7.2	27.8	2.0	2.0	39.8	5.5	2.2
65-74...........	1,049	100.0	8.1	23.5	2.1	1.9	43.3	5.3	2.7
75 AND OVER.....	465	100.0	8.4	22.9	2.3	1.8	44.5	5.0	2.9
FEMALES:									
9-11............	1,011	100.0	15.3	17.6	1.0	2.3	46.6	5.1	1.9
12-14...........	1,148	100.0	14.6	20.1	1.0	2.2	44.7	5.0	1.7
15-18...........	1,473	100.0	13.3	23.1	1.1	2.1	41.9	5.2	1.5
19-22...........	1,317	99.8	10.5	25.6	1.6	2.7	39.4	5.9	1.7
23-34...........	3,879	100.0	9.1	25.9	1.7	2.4	39.1	6.1	2.0
35-50...........	3,759	100.0	7.3	26.6	1.9	2.5	38.9	6.5	2.2
51-64...........	2,936	100.0	7.6	24.8	1.8	2.2	38.1	7.8	3.1
65-74...........	1,376	100.0	8.2	21.0	1.7	1.4	41.5	8.3	3.3
75 AND OVER.....	751	100.0	9.6	19.3	1.7	1.5	44.2	6.9	3.4
ALL INDIVIDUALS...	4/36,142	100.0	11.0	23.6	1.6	2.2	41.6	5.6	2.1

Continued--

TABLE 1.10-1.--THIAMIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	0.5	1.1	2.3	0.0	(5)	0.4	0.0
1-2.............	.6	3.9	3.7	(5)	0.4	.5	.0
3-5.............	.5	3.8	3.6	(5)	.6	.4	(5)
6-8.............	.6	4.2	4.0	(5)	.6	.3	(5)
MALES:							
9-11............	.6	4.5	3.8	(5)	.7	.2	(5)
12-14...........	.6	4.7	3.9	(5)	.6	.3	.0
15-18...........	.6	5.1	4.1	(5)	.6	.3	(5)
19-22...........	.6	5.6	4.9	.1	.5	.2	(5)
23-34...........	.8	5.7	5.1	.1	.5	.2	(5)
35-50...........	1.0	5.6	6.2	.1	.4	.1	(5)
51-64...........	1.1	5.1	6.7	.1	.3	.2	(5)
65-74...........	1.5	4.9	6.3	(5)	.3	.2	(5)
75 AND OVER.....	1.5	4.8	5.6	(5)	.2	.1	(5)
FEMALES:							
9-11............	.6	4.5	4.3	(5)	.6	.2	.0
12-14...........	.6	4.9	4.1	(5)	.7	.3	(5)
15-18...........	.7	5.5	4.6	(5)	.7	.3	(5)
19-22...........	.8	5.3	5.5	.1	.5	.2	.1
23-34...........	1.2	5.1	6.6	.1	.4	.2	.1
35-50...........	1.4	5.1	7.0	.1	.4	.2	(5)
51-64...........	1.6	4.9	7.6	.1	.3	.2	(5)
65-74...........	1.9	4.7	7.6	(5)	.3	.2	(5)
75 AND OVER.....	1.9	4.5	6.4	(5)	.3	.1	(5)
ALL INDIVIDUALS...	1.0	4.9	5.6	(5)	.4	.2	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.10-2.--THIAMIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.3	0.5	0.1	(5)	(5)	0.3	(5)	(5)
1-2..............	4/1,035	7.3	1.2	1.7	0.1	0.1	2.6	0.3	0.2
3-5..............	1,719	9.7	1.7	2.1	.1	.2	3.8	.4	.2
6-8..............	1,841	17.4	3.9	3.3	.1	.4	6.3	.7	.4
MALES:									
9-11.............	939	18.4	3.9	3.9	.1	.4	6.6	.7	.4
12-14............	1,150	18.1	3.9	4.0	.1	.4	6.7	.6	.3
15-18............	1,394	18.2	3.5	5.3	.1	.2	6.2	.5	.2
19-22............	1,030	21.0	2.2	7.6	.2	.3	7.2	.6	.1
23-34............	2,716	21.9	1.9	7.6	.4	.3	8.1	.6	.2
35-50............	2,571	17.0	1.1	6.1	.4	.3	6.1	.4	.1
51-64............	2,161	12.7	.9	4.2	.2	.2	4.8	.3	.1
65-74............	1,049	7.4	.4	2.6	.1	.1	2.6	.2	.1
75 AND OVER......	465	4.9	.4	1.5	.1	.1	1.5	.1	.1
FEMALES:									
9-11.............	1,011	18.6	4.3	3.6	.1	.4	6.8	.6	.4
12-14............	1,148	18.3	4.0	4.2	.1	.3	6.5	.6	.3
15-18............	1,473	20.2	3.2	5.5	.1	.4	7.3	.6	.3
19-22............	1,317	18.8	1.8	6.2	.2	.5	6.5	.7	.2
23-34............	3,879	16.0	1.2	5.3	.2	.3	6.0	.5	.2
35-50............	3,759	12.7	.8	4.2	.3	.2	4.6	.4	.2
51-64............	2,936	10.4	.6	3.1	.1	.1	4.0	.4	.2
65-74............	1,376	7.5	.4	2.4	.1	.1	2.7	.2	.2
75 AND OVER......	751	4.9	.4	1.4	(5)	.2	1.7	.2	.1
ALL INDIVIDUALS...	4/36,142	14.7	1.8	4.4	.2	.3	5.3	.5	.2

Continued--

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TABLE 1.10-2.--THIAMIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.0	0.1	0.1	0.0	0.0	0.0	0.0
1-2.............	(5)	.6	.3	(5)	(5)	.1	.0
3-5.............	.1	.6	.4	(5)	.1	(5)	(5)
6-8.............	.1	1.0	1.0	(5)	.1	(5)	(5)
MALES:							
9-11............	.2	1.2	1.0	(5)	.1	(5)	(5)
12-14...........	.1	1.2	.8	(5)	.1	(5)	.0
15-18...........	.1	1.3	.7	(5)	.2	.1	(5)
19-22...........	.1	1.8	.7	(5)	.2	.1	(5)
23-34...........	.1	1.6	.9	(5)	.1	(5)	(5)
35-50...........	.1	1.3	.9	(5)	.1	(5)	(5)
51-64...........	.1	.9	.8	(5)	.1	(5)	(5)
65-74...........	.1	.6	.6	(5)	(5)	(5)	(5)
75 AND OVER.....	.1	.6	.5	(5)	(5)	(5)	(5)
FEMALES:							
9-11............	.1	1.0	1.1	(5)	.1	(5)	.0
12-14...........	.1	1.2	.9	(5)	.2	.1	(5)
15-18...........	.1	1.5	.9	(5)	.2	(5)	(5)
19-22...........	.1	1.5	.9	(5)	.2	(5)	.1
23-34...........	.2	1.1	.9	(5)	.1	.1	(5)
35-50...........	.2	.9	.7	(5)	.1	(5)	(5)
51-64...........	.2	.8	.8	(5)	.1	(5)	(5)
65-74...........	.2	.6	.7	(5)	.1	(5)	(5)
75 AND OVER.....	.1	.4	.4	(5)	(5)	(5)	(5)
ALL INDIVIDUALS...	.1	1.0	.8	(5)	.1	(5)	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.10-3.--THIAMIN

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.7	45.7	3.4	0.6	3.6	37.1	1.9	2.4
1-2............	4/1,035	92.7	19.6	13.5	1.7	1.9	39.7	5.6	2.6
3-5.............	1,719	90.3	14.0	14.4	1.3	2.1	43.9	4.9	1.9
6-8.............	1,841	82.6	12.1	13.4	.9	1.9	41.0	4.3	1.6
MALES:									
9-11.............	939	81.6	11.1	14.4	.9	1.8	41.0	3.8	1.2
12-14...........	1,150	81.9	11.1	15.0	.9	1.9	40.4	3.6	1.1
15-18...........	1,394	81.8	10.6	17.6	1.2	1.9	37.6	3.6	.9
19-22...........	1,030	79.0	8.7	20.0	1.3	1.6	33.6	3.7	1.1
23-34...........	2,716	78.1	6.8	21.6	1.4	1.9	32.0	3.9	1.1
35-50...........	2,571	83.0	5.9	23.5	1.6	2.1	33.2	4.1	1.5
51-64...........	2,161	87.3	6.4	23.6	1.7	1.7	35.0	5.2	2.0
65-74...........	1,049	92.6	7.7	20.9	2.0	1.8	40.7	5.1	2.6
75 AND OVER.....	465	95.1	8.0	21.4	2.2	1.7	43.0	4.9	2.8
FEMALES:									
9-11.............	1,011	81.4	11.0	13.9	.9	1.9	39.8	4.5	1.5
12-14...........	1,148	81.7	10.7	15.9	.9	1.9	38.2	4.4	1.4
15-18...........	1,473	79.8	10.0	17.6	1.0	1.7	34.6	4.6	1.2
19-22...........	1,317	81.1	8.7	19.4	1.4	2.2	32.9	5.2	1.5
23-34...........	3,879	83.9	8.0	20.6	1.5	2.0	33.1	5.6	1.8
35-50...........	3,759	87.3	6.5	22.4	1.7	2.3	34.3	6.1	2.0
51-64...........	2,936	89.6	7.0	21.7	1.6	2.1	34.1	7.4	3.0
65-74...........	1,376	92.5	7.9	18.6	1.6	1.3	38.9	8.1	3.1
75 AND OVER.....	751	95.1	9.2	17.9	1.7	1.4	42.4	6.8	3.4
ALL INDIVIDUALS...	4/36,142	85.3	9.3	19.2	1.4	1.9	36.3	5.1	1.9

Continued--

TABLE 1.10-3.--THIAMIN

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES: DARK GREEN, DEEP YELLOW	VEGETABLES: WHITE POTATOES, VIANDAS	VEGETABLES: OTHER	FATS, OILS	SUGAR, SWEETS	BEVERAGES: NONALCOHOLIC	BEVERAGES: ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	0.5	1.0	2.2	0.0	(5)	0.4	0.0
1-2.............	.5	3.4	3.3	(5)	0.4	.5	.0
3-5.............	.5	3.2	3.2	(5)	.6	.4	.0
6-8.............	.5	3.2	3.0	(5)	.5	.3	.0
MALES:							
9-11............	.5	3.4	2.8	(5)	.6	.2	.0
12-14...........	.5	3.5	3.1	(5)	.5	.3	.0
15-18...........	.5	3.8	3.4	(5)	.4	.2	(5)
19-22...........	.5	3.9	4.2	(5)	.3	.1	(5)
23-34...........	.7	4.1	4.2	(5)	.3	.2	(5)
35-50...........	.9	4.3	5.3	(5)	.3	.1	(5)
51-64...........	1.0	4.2	5.9	(5)	.3	.1	(5)
65-74...........	1.4	4.3	5.6	(5)	.3	.2	(5)
75 AND OVER.....	1.4	4.2	5.1	(5)	.2	.1	(5)
FEMALES:							
9-11............	.5	3.5	3.2	(5)	.4	.2	.0
12-14...........	.5	3.7	3.2	(5)	.5	.2	.0
15-18...........	.7	3.9	3.7	(5)	.5	.2	(5)
19-22...........	.7	3.9	4.6	(5)	.3	.2	(5)
23-34...........	1.0	4.0	5.7	.1	.4	.2	(5)
35-50...........	1.2	4.1	6.2	.1	.3	.1	(5)
51-64...........	1.4	4.1	6.8	(5)	.2	.2	(5)
65-74...........	1.7	4.1	6.9	(5)	.2	.2	(5)
75 AND OVER.....	1.8	4.1	6.0	(5)	.2	.1	(5)
ALL INDIVIDUALS...	.9	3.9	4.8	(5)	.4	.2	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.11-1.--RIBOFLAVIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	62.5	4.0	1.0	3.8	22.6	0.4	2.4
1-2.............	4/1,035	100.0	47.5	13.5	4.1	1.2	25.6	1.1	2.0
3-5.............	1,719	100.0	41.4	15.1	3.5	1.2	31.1	1.1	1.4
6-8.............	1,841	100.0	42.4	15.6	2.5	1.0	30.7	1.0	1.3
MALES:									
9-11............	939	100.0	39.8	17.1	2.6	1.0	31.8	.9	1.1
12-14...........	1,150	100.0	39.1	18.0	2.7	1.0	31.3	.9	1.0
15-18...........	1,394	100.0	36.2	21.9	3.6	1.0	28.6	.9	.8
19-22...........	1,030	100.0	28.4	28.3	4.4	.9	26.5	1.1	.9
23-34...........	2,716	100.0	24.6	29.1	4.8	1.1	26.4	1.3	1.0
35-50...........	2,571	100.0	21.0	30.4	5.7	1.2	26.3	1.4	1.3
51-64...........	2,161	100.0	22.1	29.4	5.7	.9	26.8	1.7	1.8
65-74...........	1,049	100.0	24.2	25.1	6.0	1.0	28.9	1.5	2.3
75 AND OVER.....	465	100.0	25.2	22.9	7.2	.9	29.7	1.6	2.5
FEMALES:									
9-11............	1,011	100.0	41.1	16.1	2.6	1.0	30.8	1.1	1.3
12-14...........	1,148	100.0	38.1	19.2	2.7	1.0	29.7	1.2	1.2
15-18...........	1,473	100.0	34.7	22.9	3.2	.9	28.0	1.3	1.1
19-22...........	1,317	99.9	28.6	26.3	4.4	1.4	26.3	1.7	1.3
23-34...........	3,879	100.0	26.1	27.4	4.5	1.0	25.9	1.8	1.5
35-50...........	3,759	100.0	21.8	29.2	5.5	1.3	26.3	2.0	1.7
51-64...........	2,936	100.0	23.0	27.4	5.1	1.2	26.2	2.3	2.6
65-74...........	1,376	100.0	25.0	23.8	4.8	.7	28.7	2.3	2.8
75 AND OVER.....	751	100.0	28.4	20.8	4.8	.7	29.6	2.0	2.9
ALL INDIVIDUALS...	4/36,142	100.0	29.7	24.2	4.4	1.1	27.7	1.5	1.6

Continued--

TABLE 1.11-1.--RIBOFLAVIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.7	0.4	1.8	(5)	0.1	0.4	0.0
1-2.............	.6	1.5	1.9	(5)	.5	.5	(5)
3-5.............	.5	1.5	2.0	0.1	.6	.5	(5)
6-8.............	.6	1.7	2.2	.1	.6	.4	(5)
MALES:							
9-11............	.6	1.9	2.1	.1	.7	.3	(5)
12-14...........	.7	1.9	2.2	.1	.6	.6	(5)
15-18...........	.7	2.2	2.5	.1	.6	.6	.2
19-22...........	.8	2.5	3.1	.2	.5	.7	1.7
23-34...........	1.0	2.6	3.6	.2	.5	1.1	2.7
35-50...........	1.3	2.6	4.5	.2	.4	1.1	2.5
51-64...........	1.5	2.4	4.8	.2	.4	1.0	1.5
65-74...........	1.8	2.3	4.4	.2	.4	1.0	1.0
75 AND OVER.....	1.8	2.2	4.3	.2	.2	.6	.6
FEMALES:							
9-11............	.7	1.8	2.5	.1	.6	.4	(5)
12-14...........	.7	2.1	2.6	.1	.8	.6	(5)
15-18...........	.8	2.4	2.9	.1	.7	.9	.1
19-22...........	.9	2.4	3.9	.2	.6	1.3	.6
23-34...........	1.4	2.4	4.8	.2	.4	1.7	.7
35-50...........	1.8	2.4	5.2	.3	.4	1.6	.5
51-64...........	2.1	2.2	5.5	.2	.4	1.4	.5
65-74...........	2.2	2.1	5.4	.2	.3	1.4	.2
75 AND OVER.....	2.2	2.1	4.7	.2	.4	1.2	.1
ALL INDIVIDUALS...	1.2	2.2	3.9	.2	.5	1.0	.8

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.11-2.--RIBOFLAVIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY.2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.2	0.8	0.1	(5)	(5)	0.1	(5)	(5)
1-2..............	4/1,035	7.2	3.0	1.6	0.2	(5)	1.7	0.1	0.1
3-5..............	1,719	10.3	4.4	2.2	.2	0.1	2.5	.1	.2
6-8..............	1,841	19.8	10.1	3.7	.2	.2	4.0	.1	.3
MALES:									
9-11.............	939	20.9	10.1	4.2	.2	.2	4.4	.2	.2
12-14............	1,150	20.3	9.7	4.4	.2	.1	4.5	.1	.2
15-18............	1,394	19.8	7.9	5.7	.2	.1	4.1	.1	.1
19-22............	1,030	21.8	5.0	8.5	.5	.1	4.8	.2	.1
23-34............	2,716	22.4	4.6	8.1	.9	.1	5.4	.2	.1
35-50............	2,571	17.9	3.0	7.1	.9	.1	4.1	.2	.1
51-64............	2,161	13.2	2.3	5.1	.6	.1	3.2	.1	.1
65-74............	1,049	7.3	1.2	2.8	.2	.1	1.8	.1	.1
75 AND OVER......	465	5.1	1.1	1.8	.2	.1	1.0	(5)	.1
FEMALES:									
9-11.............	1,011	21.2	11.1	3.7	.1	.2	4.4	.1	.3
12-14............	1,148	20.3	9.7	4.4	.1	.1	4.3	.1	.2
15-18............	1,473	21.7	7.8	6.2	.3	.1	5.0	.2	.2
19-22............	1,317	19.9	4.6	7.6	.4	.3	4.4	.2	.1
23-34............	3,879	16.3	3.3	6.0	.5	.1	4.1	.2	.1
35-50............	3,759	13.1	2.4	4.9	.6	.1	3.2	.2	.1
51-64............	2,936	10.6	1.7	3.8	.4	.1	2.9	.1	.1
65-74............	1,376	7.7	1.2	3.0	.2	(5)	1.9	.1	.1
75 AND OVER......	751	5.0	1.1	1.7	.1	(5)	1.3	.1	(5)
ALL INDIVIDUALS...	4/36,142	15.5	4.5	5.0	.4	.1	3.6	.1	.1

Continued--

TABLE 1.11-2.--RIBOFLAVIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1........	(5)	(5)	(5)	0.0	0.0	(5)	0.0
1-2............	(5)	0.2	0.2	(5)	.1	(5)	.0
3-5............	(5)	.3	.2	(5)	.1	(5)	.0
6-8............	0.1	.4	.5	(5)	.1	(5)	.0
MALES:							
9-11...........	.1	.5	.6	(5)	.1	(5)	.0
12-14..........	.1	.5	.4	(5)	.1	(5)	.0
15-18..........	.1	.5	.4	(5)	.2	0.1	.1
19-22..........	.1	.8	.5	(5)	.2	.1	.8
23-34..........	.1	.7	.7	.1	.1	.2	1.0
35-50..........	.1	.6	.7	.1	.1	.2	.6
51-64..........	.1	.5	.6	(5)	(5)	.1	.3
65-74..........	.1	.3	.4	(5)	(5)	.1	.3
75 AND OVER.....	.1	.3	.4	(5)	(5)	(5)	.1
FEMALES:							
9-11...........	.1	.4	.6	(5)	.1	(5)	.0
12-14..........	.1	.5	.5	(5)	.2	.1	(5)
15-18..........	.1	.7	.6	(5)	.3	.1	.1
19-22..........	.1	.7	.6	(5)	.2	.3	.4
23-34..........	.2	.5	.7	.1	.1	.2	.3
35-50..........	.2	.4	.6	.1	.1	.2	.1
51-64..........	.2	.4	.6	(5)	.1	.1	.1
65-74..........	.2	.3	.5	(5)	(5)	.1	(5)
75 AND OVER.....	.1	.2	.3	(5)	(5)	(5)	(5)
ALL INDIVIDUALS...	.1	.5	.5	(5)	.1	.1	.2

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.11-3.--RIBOFLAVIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.8	61.7	3.9	[illegible]	3.8	22.4	0.4	2.4
1-2..............	4/1,035	92.8	44.5	12.0	[illegible]	1.2	24.0	1.0	1.8
3-5..............	1,719	89.7	36.9	12.9	3.3	1.1	28.6	1.0	1.3
6-8..............	1,841	80.2	32.3	11.9	2.3	.9	26.7	.8	1.1
MALES:									
9-11.............	939	79.1	29.7	12.9	2.4	.8	27.4	.8	.8
12-14............	1,150	79.7	29.4	13.6	2.5	.9	26.8	.8	.8
15-18............	1,394	80.2	28.3	16.2	3.4	.9	24.5	.8	.7
19-22............	1,030	78.2	[illegible]	19.7	3.9	.8	21.7	1.0	.8
23-34............	2,716	77.6	19.9	21.0	3.9	.9	21.0	1.1	.9
35-50............	2,571	82.1	17.9	23.3	4.8	1.1	22.2	1.2	1.2
51-64............	2,161	86.8	19.8	24.3	5.1	.8	23.6	1.6	1.7
65-74............	1,049	92.7	23.0	22.4	5.8	.9	27.1	1.5	2.2
75 AND OVER.....	465	94.9	24.1	21.1	7.0	.8	28.7	1.5	2.4
FEMALES:									
9-11.............	1,011	78.8	30.1	12.4	2.4	.9	26.4	[illegible]	1.0
12-14............	1,148	79.7	28.4	14.8	2.6	.9	25.4	[illegible]	1.0
15-18............	1,473	78.3	26.9	16.7	2.9	.8	22.9	[illegible]	.9
19-22............	1,317	80.0	24.0	18.8	4.0	1.1	21.9	[illegible]	1.2
23-34............	3,879	83.6	22.8	21.4	4.0	.9	21.8	1.6	1.3
35-50............	3,759	86.8	19.4	24.3	4.9	1.2	23.1	1.8	1.6
51-64............	2,936	89.4	21.3	23.6	4.8	1.1	23.3	[illegible]	2.4
65-74............	1,376	92.3	23.8	20.8	4.6	.7	26.8	2.3	2.8
75 AND OVER.....	751	95.0	27.3	19.1	4.7	.6	28.3	1.9	2.8
ALL INDIVIDUALS...	4/36,142	84.5	25.2	19.3	4.0	1.0	24.0	1.4	1.5

Continued--

TABLE 1.11-3.--RIBOFLAVIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	0.7	0.3	1.7	(5)	0.1	0.4	0.0
1-2.............	.5	1.3	1.7	(5)	.4	.4	(5)
3-5.............	.5	1.3	1.8	0.1	.5	.5	(5)
6-8.............	.5	1.2	1.7	.1	.5	.3	(5)
MALES:							
9-11............	.5	1.4	1.6	.1	.5	.3	(5)
12-14...........	.6	1.4	1.8	.1	.4	.5	(5)
15-18...........	.6	1.7	2.1	.1	.4	.5	.1
19-22...........	.7	1.7	2.6	.1	.3	.6	.9
23-34...........	.9	1.9	2.9	.2	.3	.9	1.6
35-50...........	1.2	2.0	3.8	.2	.4	1.0	1.9
51-64...........	1.3	2.0	4.[illegible]	.2	.3	.9	1.2
65-74...........	1.7	2.1	4.0	.1	.3	.9	.7
75 AND OVER.....	1.8	1.9	3.9	.2	.2	.6	.5
FEMALES:							
9-11............	.6	1.4	1.9	.1	.5	.4	(5)
12-14...........	.6	1.5	2.1	.1	.6	.6	(5)
15-18...........	.8	1.7	2.4	.1	.5	.8	(5)
19-22...........	.8	1.7	3.3	.2	.3	1.0	.2
23-34...........	1.3	1.9	4.1	.2	.4	1.5	.5
35-50...........	1.6	2.0	4.5	.2	.3	1.5	.4
51-64...........	1.9	1.9	4.9	.2	.3	1.2	.4
65-74...........	2.0	1.8	4.8	.2	.3	1.3	.2
75 AND OVER.....	2.1	1.9	4.4	.2	.3	1.1	.1
ALL INDIVIDUALS...	1.1	1.7	3.3	.1	.4	.9	.5

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.12-1.--PREFORMED NIACIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1.........	4/421	100.0	28.7	12.7	0.1	3.8	43.7	1.0	3.9
1-2..............	4/1,035	100.0	4.9	36.1	.3	4.4	38.8	2.6	2.7
3-5..............	1,719	100.0	3.3	35.8	.2	5.9	41.4	2.3	1.7
6-8..............	1,841	100.0	3.2	37.2	.1	5.6	40.1	2.0	1.6
MALES:									
9-11.............	939	100.0	3.0	38.9	.1	4.9	39.7	1.9	1.3
12-14............	1,150	100.0	3.0	40.4	.1	4.3	39.0	1.8	1.1
15-18............	1,394	100.0	2.8	44.8	.2	3.7	34.3	1.8	.9
19-22............	1,030	100.0	1.9	50.1	.2	2.7	28.2	1.8	.9
23-34............	2,716	100.0	1.6	48.5	.3	2.9	26.1	1.9	.9
35-50............	2,571	100.0	1.2	48.8	.3	2.7	24.5	1.9	1.0
51-64............	2,161	100.0	1.3	47.2	.2	2.4	25.5	2.3	1.6
65-74............	1,049	100.0	1.5	43.1	.2	2.6	29.3	2.3	2.4
75 AND OVER......	465	100.0	1.8	41.7	.3	2.1	31.8	2.3	2.2
FEMALES:									
9-11.............	1,011	100.0	3.0	38.2	.2	4.9	39.5	2.2	1.6
12-14............	1,148	100.0	3.0	41.8	.1	4.2	36.2	2.2	1.4
15-18............	1,473	100.0	2.6	46.4	.2	2.9	32.2	2.3	1.2
19-22............	1,317	100.0	2.0	49.0	.2	2.9	27.9	2.7	1.2
23-34............	3,879	100.0	1.7	48.2	.3	2.6	26.1	2.6	1.4
35-50............	3,759	100.0	1.4	47.9	.2	2.3	24.5	2.7	1.4
51-64............	2,936	100.0	1.4	45.7	.2	2.4	25.1	3.1	2.3
65-74............	1,376	100.0	1.6	42.3	.2	1.7	29.4	3.3	2.8
75 AND OVER......	751	100.0	2.1	39.9	.2	1.9	32.0	3.0	2.9
ALL INDIVIDUALS...	4/36,142	100.0	2.4	44.3	.2	3.2	30.3	2.4	1.6

Continued--

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TABLE 1.12-1.--PREFORMED NIACIN

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1.........	1.1	1.6	3.4	(5)	0.1	0.1	0.0
1-2.............	.5	5.9	3.4	(5)	.2	.1	(5)
3-5.............	.4	5.6	3.0	(5)	.3	.1	(5)
6-8.............	.4	6.0	3.1	(5)	.3	.1	(5)
MALES:							
9-11............	.4	6.2	2.9	(5)	.4	.1	(5)
12-14...........	.4	6.4	2.9	(5)	.4	.2	(5)
15-18...........	.4	6.7	2.9	(5)	.4	.6	.4
19-22...........	.4	6.6	3.1	(5)	.2	1.5	2.3
23-34...........	.5	6.4	3.1	(5)	.3	4.1	3.4
35-50...........	.5	5.7	3.5	(5)	.2	6.8	2.9
51-64...........	.7	5.3	4.0	(5)	.2	7.4	1.8
65-74...........	.9	5.2	4.0	(5)	.2	7.1	1.2
75 AND OVER.....	1.0	5.3	3.9	(5)	.1	7.0	.9
FEMALES:							
9-11............	.4	6.2	3.3	(5)	.3	.1	(5)
12-14...........	.4	6.8	3.1	(5)	.5	.3	(5)
15-18...........	.5	7.0	3.1	(5)	.5	1.1	.1
19-22...........	.5	6.1	3.6	(5)	.3	2.8	.8
23-34...........	.7	5.6	4.0	(5)	.2	5.7	.8
35-50...........	.8	5.1	3.9	(5)	.2	9.0	.5
51-64...........	.9	4.9	4.4	(5)	.1	9.1	.5
65-74...........	1.0	4.8	4.7	(5)	.2	7.7	.3
75 AND OVER.....	1.1	4.9	4.4	(5)	.1	7.3	.2
ALL INDIVIDUALS...	.6	5.7	3.6	(5)	.3	4.5	.9

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.12-2.--PREFORMED NIACIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.3	0.2	0.4	0.0	(5)	0.3	(5)	0.1
1-2..............	4/1,035	8.2	.3	3.8	(5)	0.3	2.3	0.2	.2
3-5..............	1,719	10.3	.3	4.5	(5)	.6	3.1	.2	.2
6-8..............	1,841	18.2	.8	8.3	(5)	.9	5.2	.3	.4
MALES:									
9-11.............	939	19.2	.7	8.9	(5)	.9	5.3	.3	.4
12-14............	1,150	18.7	.7	9.0	(5)	.5	5.4	.3	.3
15-18............	1,394	19.2	.6	10.2	(5)	.3	4.7	.2	.2
19-22............	1,030	23.1	.4	13.2	.1	.4	4.7	.3	.1
23-34............	2,716	23.6	.3	12.2	.1	.3	4.9	.3	.1
35-50............	2,571	18.9	.2	10.0	.1	.3	3.6	.2	.1
51-64............	2,161	14.6	.1	7.9	.1	.1	2.8	.2	.1
65-74............	1,049	8.8	.1	4.8	(5)	.1	1.6	.1	(5)
75 AND OVER......	465	6.4	.1	3.6	(5)	.1	1.0	.1	(5)
FEMALES:									
9-11.............	1,011	18.8	.9	8.3	(5)	.9	5.5	.3	.4
12-14............	1,148	18.6	.8	8.9	(5)	.7	5.0	.3	.3
15-18............	1,473	21.8	.6	11.3	(5)	.5	5.5	.3	.2
19-22............	1,317	21.4	.3	11.9	(5)	.4	4.5	.4	.1
23-34............	3,879	17.6	.2	9.5	.1	.3	3.7	.3	.1
35-50............	3,759	13.7	.2	7.4	.1	.2	2.7	.2	.1
51-64............	2,936	11.6	.1	6.2	(5)	.1	2.3	.2	.1
65-74............	1,376	9.2	.1	5.3	(5)	.1	1.7	.1	.1
75 AND OVER......	751	6.3	.1	3.7	(5)	.1	1.2	.1	.1
ALL INDIVIDUALS...	4/36,142	16.0	.3	8.3	(5)	.4	3.6	.2	.2

Continued--

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TABLE 1.12-2.--PREFORMED NIACIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY.2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	0.2	0.1	0.0	0.0	0.0	0.0
1-2.............	(5)	.9	.3	(5)	(5)	(5)	.0
3-5.............	(5)	1.0	.3	(5)	(5)	(5)	.0
6-8.............	0.1	1.5	.7	(5)	.1	(5)	.0
MALES:							
9-11............	.1	1.7	.8	(5)	.1	(5)	.0
12-14...........	.1	1.7	.6	(5)	.1	(5)	.0
15-18...........	(5)	1.9	.5	(5)	.2	.1	.2
19-22...........	.1	2.2	.4	(5)	.1	.3	.9
23-34...........	.1	1.9	.5	(5)	.1	1.5	1.3
35-50...........	.1	1.3	.5	(5)	(5)	1.8	.7
51-64...........	.1	1.0	.5	(5)	(5)	1.4	.4
65-74...........	.1	.7	.4	(5)	(5)	.6	.2
75 AND OVER.....	(5)	.6	.3	(5)	(5)	.4	.1
FEMALES:							
9-11............	.1	1.5	.8	(5)	.1	(5)	.0
12-14...........	(5)	1.9	.6	(5)	.2	(5)	(5)
15-18...........	(5)	2.2	.6	(5)	.2	.2	.1
19-22...........	.1	1.8	.5	(5)	.2	.7	.5
23-34...........	.1	1.3	.5	(5)	.1	1.2	.3
35-50...........	.1	1.0	.4	(5)	.1	1.2	.1
51-64...........	.1	.8	.4	(5)	(5)	1.2	.1
65-74...........	.1	.7	.4	(5)	(5)	.6	(5)
75 AND OVER.....	.1	.4	.2	(5)	(5)	.3	(5)
ALL INDIVIDUALS...	.1	1.3	.5	(5)	.1	.8	.3

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 1.12-3.--PREFORMED NIACIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.7	28.5	12.2	0.1	3.8	43.3	1.0	3.8
1-2..............	4/1,035	91.8	4.[illegible]	32.4	.3	4.1	36.5	2.4	2.6
3-5..............	1,719	89.7	2.9	31.3	.2	5.3	38.3	2.1	1.5
6-8..............	1,841	81.8	2.4	28.9	.1	4.8	35.0	1.7	1.2
MALES:									
9-11.............	939	80.8	2.3	30.0	.1	4.0	34.4	1.6	.9
12-14............	1,150	81.3	2.3	31.4	.1	3.8	33.6	1.5	.8
15-18............	1,394	80.8	2.2	34.7	.2	3.4	29.6	1.5	.7
19-22............	1,030	76.9	1.6	36.9	.1	2.3	23.6	1.5	.8
23-34............	2,716	76.4	1.3	36.3	.2	2.6	21.2	1.6	.8
35-50............	2,571	81.1	1.1	38.8	.2	2.4	21.0	1.7	.9
51-64............	2,161	85.4	1.2	39.3	.2	2.3	22.8	2.1	1.6
65-74............	1,049	91.2	1.4	38.3	.2	2.5	27.8	2.2	2.3
75 AND OVER......	465	93.6	1.7	37.7	.2	2.0	30.8	2.3	2.2
FEMALES:									
9-11.............	1,011	81.2	2.2	29.9	.1	4.0	33.9	1.9	1.2
12-14............	1,148	81.4	2.2	33.0	.1	3.5	31.2	1.9	1.1
15-18............	1,473	78.2	2.0	35.1	.1	2.5	26.7	2.0	.9
19-22............	1,317	78.6	1.7	37.1	.2	2.5	23.4	2.3	1.1
23-34............	3,879	82.4	1.6	38.7	.2	2.3	22.4	2.4	1.3
35-50............	3,759	86.3	1.3	40.5	.2	2.0	21.8	2.4	1.3
51-64............	2,936	88.4	1.3	39.6	.2	2.2	22.7	2.9	2.2
65-74............	1,376	90.8	1.5	37.1	.2	1.6	27.7	3.2	2.7
75 AND OVER......	751	93.7	2.0	36.2	.2	1.8	30.8	2.9	2.8
ALL INDIVIDUALS...	4/36,142	84.0	2.1	36.0	.2	2.8	26.7	2.1	1.4

Continued--

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TABLE 1.12-3.--PREFORMED NIACIN
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY.2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	1.1	1.3	3.2	(5)	0.1	0.1	0.0
1-2.............	.5	5.0	3.1	(5)	.1	.1	(5)
3-5.............	.3	4.6	2.7	(5)	.3	.1	(5)
6-8.............	.4	4.5	2.4	(5)	.3	.1	(5)
MALES:							
9-11............	.3	4.5	2.1	(5)	.3	.1	(5)
12-14...........	.4	4.6	2.3	(5)	.3	.2	(5)
15-18...........	.4	4.8	2.4	(5)	.2	.5	.2
19-22...........	.3	4.4	2.6	(5)	.1	1.2	1.3
23-34...........	.4	4.5	2.6	(5)	.2	2.7	2.1
35-50...........	.5	4.4	3.0	(5)	.2	4.9	2.2
51-64...........	.6	4.3	3.5	(5)	.2	6.0	1.5
65-74...........	.8	4.5	3.6	(5)	.2	6.5	.9
75 AND OVER.....	1.0	4.6	3.5	(5)	.1	6.6	.8
FEMALES:							
9-11............	.4	4.7	2.5	(5)	.2	.1	(5)
12-14...........	.4	4.9	2.5	(5)	.4	.2	(5)
15-18...........	.4	4.8	2.8	(5)	.3	.9	(5)
19-22...........	.4	4.3	3.1	(5)	.1	2.1	.3
23-34...........	.6	4.3	3.5	(5)	.2	4.5	.5
35-50...........	.7	4.1	3.5	(5)	.2	7.7	.4
51-64...........	.8	4.1	4.0	(5)	.1	8.0	.4
65-74...........	1.0	4.2	4.3	(5)	.1	7.1	.2
75 AND OVER.....	1.0	4.4	4.1	(5)	.1	7.0	.2
ALL INDIVIDUALS...	.5	4.4	3.1	(5)	.2	3.7	.6

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.13-1.--VITAMIN B6
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	51.4	9.3	1.0	5.0	13.6	1.5	9.9
1-2.............	4/1,035	100.0	21.1	26.6	2.6	3.1	22.8	3.4	9.0
3-5.............	1,719	100.0	16.4	28.7	2.0	3.9	28.3	3.3	6.0
6-8.............	1,841	100.0	16.3	30.1	1.4	3.6	28.0	2.9	5.2
MALES:									
9-11............	939	100.0	15.1	32.1	1.5	3.5	28.3	2.7	4.1
12-14...........	1,150	100.0	14.7	33.7	1.5	3.6	27.7	2.6	3.5
15-18...........	1,394	100.0	13.7	39.2	1.9	3.3	22.0	2.6	3.0
19-22...........	1,030	100.0	10.1	45.4	2.1	2.9	16.6	2.9	3.3
23-34...........	2,716	100.0	8.1	46.2	2.2	3.1	14.7	3.1	3.1
35-50...........	2,571	100.0	6.7	47.2	2.5	3.2	14.0	3.1	3.7
51-64...........	2,161	100.0	6.9	44.5	2.6	2.8	15.1	3.8	5.7
65-74...........	1,049	100.0	8.0	39.2	2.8	2.6	19.0	3.7	6.7
75 AND OVER.....	465	100.0	8.3	37.1	3.4	2.6	19.7	3.8	7.7
FEMALES:									
9-11............	1,011	100.0	15.5	31.1	1.4	3.6	27.4	3.1	4.8
12-14...........	1,148	100.0	14.5	35.4	1.4	3.4	24.1	3.2	4.1
15-18...........	1,473	100.0	12.8	40.2	1.6	3.2	20.4	3.4	3.7
19-22...........	1,317	99.8	9.9	43.5	2.1	3.6	16.9	4.0	3.7
23-34...........	3,879	100.0	8.8	44.5	2.1	3.1	15.7	4.1	4.1
35-50...........	3,759	100.0	7.2	46.1	2.5	3.2	14.3	4.5	4.5
51-64...........	2,936	100.0	7.2	42.3	2.2	2.8	15.4	4.9	6.9
65-74...........	1,376	100.0	8.2	37.1	2.2	2.0	18.9	5.2	8.2
75 AND OVER.....	751	100.0	9.9	34.6	2.4	2.3	20.1	4.9	8.4
ALL INDIVIDUALS...	4/36,142	100.0	10.9	39.9	2.1	3.1	18.9	3.7	5.0

Continued--

TABLE 1.13-1.--VITAMIN B6
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	2.4	1.8	3.9	0.0	0.1	0.3	0.0
1-2..............	1.0	5.7	3.8	(5)	.4	.4	(5)
3-5..............	.9	5.7	3.8	(5)	.6	.4	(5)
6-8..............	1.1	6.1	4.4	(5)	.5	.4	(5)
MALES:							
9-11.............	1.1	6.6	4.2	(5)	.5	.3	(5)
12-14............	1.1	6.6	4.1	(5)	.6	.3	(5)
15-18............	1.0	7.4	4.5	.1	.6	.2	.5
19-22............	1.0	7.4	4.8	.1	.3	.3	3.0
23-34............	1.2	7.6	5.3	.1	.3	.2	4.7
35-50............	1.5	7.5	6.1	.1	.4	.1	4.1
51-64............	1.7	7.2	6.6	.1	.3	.1	2.5
65-74............	2.3	7.2	6.5	.1	.3	.1	1.6
75 AND OVER......	2.4	7.3	6.1	(5)	.3	.1	1.3
FEMALES:							
9-11.............	1.0	6.6	4.6	(5)	.5	.3	(5)
12-14............	1.0	7.2	4.8	(5)	.6	.3	(5)
15-18............	1.1	7.6	4.8	.1	.6	.3	.2
19-22............	1.2	7.2	5.9	.1	.3	.3	1.2
23-34............	1.7	7.1	6.8	.1	.4	.2	1.4
35-50............	2.0	7.1	7.1	.1	.3	.1	1.0
51-64............	2.3	7.0	7.6	.1	.3	.1	.8
65-74............	2.7	7.1	7.6	.1	.3	.1	.4
75 AND OVER......	2.8	7.0	6.9	(5)	.4	.1	.3
ALL INDIVIDUALS...	1.6	6.9	5.8	.1	.4	.2	1.3

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.13-3.--VITAMIN B6
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.7	50.9	9.0	0.9	5.0	13.4	1.4	9.7
1-2..............	4/1,035	92.6	19.9	23.9	2.4	2.9	21.7	3.2	8.5
3-5..............	1,719	90.4	14.7	25.2	1.9	3.5	26.7	3.0	5.4
6-8..............	1,841	82.2	12.5	23.7	1.3	3.0	25.1	2.5	4.4
MALES:									
9-11.............	939	81.4	11.4	25.3	1.4	2.9	25.3	2.3	3.4
12-14............	1,150	82.0	11.2	26.5	1.4	3.0	24.7	2.2	2.9
15-18............	1,394	81.8	10.9	30.7	1.8	2.9	19.5	2.3	2.6
19-22............	1,030	78.1	8.3	33.7	1.9	2.5	14.2	2.4	3.0
23-34............	2,716	78.4	6.7	35.1	1.8	2.7	12.3	2.6	2.8
35-50............	2,571	82.7	5.8	37.6	2.1	2.8	12.4	2.8	3.5
51-64............	2,161	86.6	6.3	36.8	2.3	2.5	14.0	3.6	5.5
65-74............	1,049	91.6	7.6	34.5	2.7	2.4	18.1	3.5	6.6
75 AND OVER......	465	94.2	8.0	34.0	3.4	2.5	19.3	3.7	7.5
FEMALES:									
9-11.............	1,011	81.1	11.4	24.7	1.3	3.0	24.1	2.7	3.9
12-14............	1,148	82.1	11.0	28.3	1.4	3.0	21.2	2.8	3.4
15-18............	1,473	79.4	10.1	30.6	1.5	2.7	17.8	2.9	3.2
19-22............	1,317	79.8	8.4	33.1	1.9	3.1	14.4	3.4	3.3
23-34............	3,879	83.7	7.8	35.8	1.9	2.7	13.9	3.7	3.7
35-50............	3,759	87.0	6.5	39.0	2.2	3.0	13.0	4.1	4.2
51-64............	2,936	89.2	6.7	36.6	2.0	2.7	14.3	4.6	6.6
65-74............	1,376	91.7	7.8	32.5	2.1	1.9	18.2	5.0	8.0
75 AND OVER......	751	94.2	9.5	31.5	2.4	1.9	19.6	4.8	8.3
ALL INDIVIDUALS...	4/36,142	85.0	9.4	32.6	1.9	2.8	17.0	3.3	4.6

Continued--

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TABLE 1.13-2.--VITAMIN B6
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.3	0.5	0.3	(5)	(5)	0.1	(5)	0.1
1-2..............	4/1,035	7.4	1.2	2.7	0.1	0.2	1.1	0.2	.5
3-5..............	1,719	9.6	1.7	3.4	.1	.3	1.6	.3	.6
6-8..............	1,841	17.8	3.8	6.4	.1	.5	2.9	.5	.8
MALES:									
9-11.............	939	18.6	3.7	6.9	.1	.6	3.0	.4	.7
12-14............	1,150	18.0	3.5	7.2	.1	.5	3.0	.4	.6
15-18............	1,394	18.2	2.8	8.5	.1	.4	2.5	.3	.4
19-22............	1,030	21.9	1.7	11.7	.2	.4	2.4	.5	.3
23-34............	2,716	21.6	1.4	11.1	.4	.4	2.4	.4	.4
35-50............	2,571	17.3	.9	9.6	.4	.4	1.6	.3	.2
51-64............	2,161	13.4	.7	7.6	.3	.3	1.2	.3	.2
65-74............	1,049	8.4	.3	4.7	.1	.1	.8	.2	.1
75 AND OVER......	465	5.8	.3	3.1	.1	.1	.4	.1	.1
FEMALES:									
9-11.............	1,011	18.9	4.1	6.4	.1	.6	3.3	.4	.9
12-14............	1,148	17.9	3.5	7.1	.1	.5	2.9	.4	.6
15-18............	1,473	20.6	2.7	9.6	.2	.5	3.0	.5	.5
19-22............	1,317	20.0	1.4	10.4	.2	.5	2.6	.6	.3
23-34............	3,879	16.3	1.0	8.7	.2	.4	1.8	.4	.4
35-50............	3,759	13.0	.7	7.1	.3	.2	1.3	.4	.3
51-64............	2,936	10.8	.5	5.8	.2	.2	1.2	.3	.3
65-74............	1,376	8.3	.4	4.6	.1	.1	.8	.2	.2
75 AND OVER......	751	5.8	.4	3.1	(5)	.4	.5	.2	.1
ALL INDIVIDUALS...	4/36,142	15.0	1.5	7.3	.2	.3	1.8	.4	.4

Continued--

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TABLE 1.13-2.--VITAMIN B6
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	0.1	0.1	0.0	0.0	0.0	0.0
1-2..............	0.1	.8	.3	(5)	(5)	(5)	.0
3-5..............	.1	.9	.3	(5)	(5)	.1	(5)
6-8..............	.2	1.4	1.0	(5)	.1	.1	(5)
MALES:							
9-11.............	.2	1.7	1.1	(5)	.1	.1	(5)
12-14............	.2	1.6	.9	(5)	.1	(5)	.0
15-18............	.1	1.9	.7	(5)	.2	.1	.2
19-22............	.2	2.3	.8	(5)	.1	.1	1.3
23-34............	.2	2.0	1.0	(5)	.1	(5)	1.8
35-50............	.2	1.6	.9	(5)	.1	(5)	1.1
51-64............	.2	1.3	.9	(5)	.1	(5)	.5
65-74............	.1	.9	.7	(5)	(5)	(5)	.3
75 AND OVER......	.1	.8	.5	(5)	(5)	(5)	.1
FEMALES:							
9-11.............	.2	1.5	1.2	(5)	.1	.1	.0
12-14............	.1	1.7	.9	(5)	.1	.1	(5)
15-18............	.1	2.2	1.0	(5)	.2	.1	.1
19-22............	.2	2.0	.8	(5)	.1	.1	.7
23-34............	.2	1.5	1.0	(5)	.1	.1	.5
35-50............	.2	1.3	.9	(5)	.1	(5)	.2
51-64............	.2	1.0	.8	(5)	.1	(5)	.2
65-74............	.2	.9	.7	(5)	(5)	(5)	(5)
75 AND OVER......	.2	.5	.4	(5)	(5)	(5)	(5)
ALL INDIVIDUALS...	.2	1.4	.8	(5)	.1	(5)	.4

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.13-3.--VITAMIN B6

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	2.4	1.6	3.8	0.0	0.1	0.3	0.0
1-2..............	.9	4.8	3.5	(5)	.4	.4	(5)
3-5..............	.8	4.7	3.5	(5)	.5	.4	(5)
6-8..............	.9	4.6	3.4	(5)	.5	.3	(5)
MALES:							
9-11.............	.8	4.9	3.1	(5)	.5	.2	(5)
12-14............	.9	5.0	3.3	(5)	.5	.3	(5)
15-18............	.9	5.5	3.8	(5)	.4	.2	.3
19-22............	.8	5.2	4.0	(5)	.2	.2	1.7
23-34............	1.1	5.6	4.4	.1	.2	.1	2.8
35-50............	1.3	5.8	5.2	.1	.3	.1	3.0
51-64............	1.5	5.9	5.8	.1	.3	(5)	2.0
65-74............	2.2	6.3	5.9	(5)	.3	.1	1.3
75 AND OVER......	2.3	6.5	5.6	(5)	.2	.1	1.2
FEMALES:							
9-11.............	.8	5.1	3.4	(5)	.4	.3	(5)
12-14............	.9	5.5	3.9	(5)	.4	.2	(5)
15-18............	1.0	5.4	3.8	(5)	.4	.3	.1
19-22............	1.1	5.1	5.1	.1	.2	.2	.4
23-34............	1.5	5.5	5.8	.1	.3	.2	.8
35-50............	1.8	5.9	6.2	.1	.3	.1	.8
51-64............	2.1	6.0	6.8	.1	.2	.1	.6
65-74............	2.5	6.2	6.8	(5)	.3	.1	.4
75 AND OVER......	2.6	6.4	6.5	(5)	.4	(5)	.2
ALL INDIVIDUALS...	1.4	5.5	5.0	.1	.3	.2	.9

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.14-1.--VITAMIN B12
PERCENTAGE FROM 14 FOOD GROUPS[1] PER INDIVIDUAL PER DAY,[2] 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD[3]	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	[4]/421	100.0	76.4	10.6	2.6	6.3	1.4	0.1	(5)
1-2..............	[4]/1,035	100.0	50.0	31.1	7.9	1.0	8.7	.1	(5)
3-5..............	1,719	100.0	44.9	34.8	6.9	.7	11.5	(5)	(5)
6-8..............	1,841	100.0	45.1	36.1	4.8	.6	12.2	(5)	(5)
MALES:									
9-11.............	939	100.0	41.4	39.0	5.1	.7	12.4	(5)	(5)
12-14............	1,150	100.0	40.7	39.7	5.2	.8	12.3	(5)	0.1
15-18............	1,394	100.0	36.4	46.1	6.6	.6	8.8	(5)	(5)
19-22............	1,030	99.9	27.3	56.1	7.6	.6	6.8	(5)	(5)
23-34............	2,716	100.0	23.4	59.4	8.2	.8	6.5	(5)	(5)
35-50............	2,571	100.0	19.5	61.9	9.7	.8	6.3	(5)	(5)
51-64............	2,161	99.9	21.2	60.1	9.6	.7	6.6	(5)	(5)
65-74............	1,049	100.0	24.8	54.2	10.8	.7	7.6	(5)	(5)
75 AND OVER.....	465	100.0	25.4	49.7	13.8	.7	8.5	(5)	.1
FEMALES:									
9-11.............	1,011	100.0	43.9	37.0	5.0	.6	12.1	(5)	(5)
12-14............	1,148	100.0	39.6	42.5	5.0	.7	10.6	(5)	.1
15-18............	1,473	100.0	35.3	47.8	5.9	.6	8.6	(5)	(5)
19-22............	1,317	99.8	28.7	53.0	7.8	.8	7.5	.1	(5)
23-34............	3,879	99.9	25.9	56.3	8.0	.6	7.1	.1	(5)
35-50............	3,759	100.0	21.7	59.9	9.4	.5	6.3	.1	(5)
51-64............	2,936	100.0	23.7	57.8	9.2	.5	6.7	.1	.1
65-74............	1,376	99.9	27.5	52.5	9.3	.3	7.9	.1	(5)
75 AND OVER.....	751	100.0	32.3	47.2	9.5	.2	8.9	.1	(5)
ALL INDIVIDUALS...	[4]/36,142	100.0	30.4	51.1	7.9	.7	8.1	(5)	(5)

Continued--

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TABLE 1.14-1.--VITAMIN B12
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES: DARK GREEN, DEEP YELLOW	VEGETABLES: WHITE POTATOES, VIANDAS	VEGETABLES: OTHER	FATS, OILS	SUGAR, SWEETS	BEVERAGES: NONALCOHOLIC	BEVERAGES: ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	0.2	2.4	(5)	(5)	0.0	0.0
1-2.............	(5)	.4	.4	0.1	0.2	.0	.0
3-5.............	(5)	.4	.2	.2	.2	.0	.0
6-8.............	(5)	.5	.3	.2	.2	.0	.0
MALES:							
9-11............	(5)	.6	.2	.2	.3	(5)	.0
12-14...........	(5)	.5	.2	.2	.2	(5)	.0
15-18...........	(5)	.6	.3	.3	.3	(5)	.0
19-22...........	(5)	.7	.3	.3	.2	(5)	.0
23-34...........	(5)	.6	.4	.4	.1	(5)	.0
35-50...........	(5)	.7	.5	.4	.2	(5)	.0
51-64...........	(5)	.7	.5	.4	.1	(5)	.0
65-74...........	0.1	.7	.5	.3	.1	(5)	.0
75 AND OVER.....	(5)	.6	.7	.3	(5)	(5)	.0
FEMALES:							
9-11............	(5)	.5	.2	.3	.2	(5)	.0
12-14...........	(5)	.6	.2	.3	.4	(5)	.0
15-18...........	(5)	.6	.3	.4	.3	(5)	.0
19-22...........	(5)	.6	.4	.5	.3	(5)	.0
23-34...........	(5)	.8	.5	.5	.2	(5)	.0
35-50...........	(5)	.7	.6	.5	.2	(5)	(5)
51-64...........	.1	.7	.6	.4	.1	(5)	.0
65-74...........	.1	.8	.7	.5	.1	(5)	.0
75 AND OVER.....	(5)	.6	.7	.3	.1	(5)	.0
ALL INDIVIDUALS...	(5)	.6	.4	.4	.2	(5)	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.14-2.--VITAMIN B12
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	0.0	(5)	(5)	0.0	0.0	0.0	0.0
1-2.............	(5)	0.1	(5)	(5)	(5)	.0	.0
3-5.............	(5)	.1	(5)	(5)	(5)	.0	.0
6-8.............	(5)	.1	0.1	(5)	(5)	.0	.0
MALES:							
9-11............	(5)	.1	.1	(5)	.1	(5)	.0
12-14...........	(5)	.1	(5)	(5)	.1	.0	.0
15-18...........	(5)	.1	(5)	(5)	.1	.0	.0
19-22...........	.0	.1	.1	.1	.2	(5)	.0
23-34...........	(5)	.1	.1	.1	.1	(5)	.0
35-50...........	(5)	.1	.1	.1	(5)	(5)	.0
51-64...........	(5)	.1	.1	.1	(5)	(5)	.0
65-74...........	(5)	.1	(5)	(5)	(5)	(5)	.0
75 AND OVER.....	(5)	.1	.1	(5)	(5)	.0	.0
FEMALES:							
9-11............	(5)	.1	(5)	(5)	(5)	.0	.0
12-14...........	(5)	.1	(5)	(5)	.1	.0	.0
15-18...........	(5)	.1	(5)	.1	.1	(5)	.0
19-22...........	(5)	.1	.1	.1	.1	(5)	.0
23-34...........	(5)	.1	.1	.1	(5)	(5)	.0
35-50...........	(5)	.1	.1	.1	(5)	(5)	(5)
51-64...........	(5)	.1	.1	.1	(5)	(5)	.0
65-74...........	(5)	.1	.1	.1	(5)	(5)	.0
75 AND OVER.....	(5)	.1	(5)	(5)	(5)	.0	.0
ALL INDIVIDUALS...	(5)	.1	.1	.1	.1	(5)	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.14-2.--VITAMIN B12
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.3	0.8	0.4	(5)	(5)	(5)	0.0	0.0
1-2..............	4/1,035	7.4	3.1	3.2	0.3	0.1	0.5	.0	(5)
3-5..............	1,719	10.4	4.7	4.4	.4	(5)	.7	.0	(5)
6-8..............	1,841	20.4	10.6	7.8	.3	.1	1.3	(5)	(5)
MALES:									
9-11.............	939	21.5	10.5	8.9	.4	.1	1.3	(5)	(5)
12-14............	1,150	20.9	9.8	9.2	.3	.1	1.3	(5)	(5)
15-18............	1,394	20.2	7.8	10.7	.3	.1	1.0	.0	(5)
19-22............	1,030	22.8	4.9	15.8	.8	.1	.9	.0	(5)
23-34............	2,716	22.4	4.2	15.4	1.3	(5)	1.1	.0	(5)
35-50............	2,571	19.3	2.7	14.0	1.5	.1	.7	(5)	(5)
51-64............	2,161	14.5	2.0	10.6	.9	.1	.6	.0	(5)
65-74............	1,049	8.5	1.1	6.4	.4	(5)	.4	.0	(5)
75 AND OVER......	465	6.5	1.2	4.5	.3	(5)	.3	.0	(5)
FEMALES:									
9-11.............	1,011	21.9	11.7	8.1	.3	.2	1.5	.0	(5)
12-14............	1,148	20.7	9.8	9.2	.2	.1	1.1	(5)	(5)
15-18............	1,473	22.5	7.8	12.3	.5	.1	1.4	.0	(5)
19-22............	1,317	20.8	4.6	13.8	.8	.1	1.1	(5)	.0
23-34............	3,879	17.0	3.1	11.6	.8	.1	.9	(5)	(5)
35-50............	3,759	14.0	2.3	9.8	.9	(5)	.7	(5)	(5)
51-64............	2,936	11.6	1.6	8.3	.6	(5)	.7	(5)	(5)
65-74............	1,376	8.9	1.3	6.4	.4	(5)	.5	(5)	(5)
75 AND OVER......	751	5.5	1.2	3.9	.1	.0	.3	(5)	(5)
ALL INDIVIDUALS...	4/36,142	16.3	4.4	9.9	.7	.1	.9	(5)	(5)

Continued--

TABLE 1.14-3.--VITAMIN B12

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.7	75.5	10.2	2.5	6.3	1.4	0.1	(5)
1-2.............	4/1,035	92.6	46.9	27.9	7.6	.8	8.2	.1	(5)
3-5.............	1,719	89.6	40.2	30.4	6.6	.7	10.8	(5)	(5)
6-8.............	1,841	79.6	34.5	28.2	4.5	.5	10.9	(5)	(5)
MALES:									
9-11............	939	78.5	31.0	30.2	4.7	.5	11.1	(5)	(5)
12-14...........	1,150	79.1	30.9	30.5	4.9	.7	11.0	(5)	(5)
15-18...........	1,394	79.8	28.6	35.4	6.3	.6	7.8	(5)	(5)
19-22...........	1,030	77.1	22.4	40.3	6.8	.5	5.9	(5)	(5)
23-34...........	2,716	77.6	19.2	44.0	6.8	.8	5.5	(5)	(5)
35-50...........	2,571	80.7	16.8	47.9	8.2	.7	5.6	(5)	(5)
51-64...........	2,161	85.5	19.1	49.5	8.7	.6	6.0	(5)	(5)
65-74...........	1,049	91.5	23.7	47.8	10.4	.6	7.1	(5)	(5)
75 AND OVER.....	465	93.5	24.2	45.2	13.5	.7	8.3	(5)	0.1
FEMALES:									
9-11............	1,011	78.1	32.2	28.9	4.7	.5	10.7	(5)	(5)
12-14...........	1,148	79.3	29.8	33.2	4.8	.6	9.4	(5)	(5)
15-18...........	1,473	77.5	27.6	35.5	5.4	.5	7.3	(5)	(5)
19-22...........	1,317	79.0	24.2	39.2	7.0	.8	6.4	.1	(5)
23-34...........	3,879	82.9	22.8	44.7	7.2	.5	6.2	(5)	(5)
35-50...........	3,759	86.0	19.4	50.1	8.5	.5	5.7	.1	(5)
51-64...........	2,936	88.4	22.1	49.5	8.6	.5	5.9	(5)	.1
65-74...........	1,376	91.1	26.2	46.1	9.0	.3	7.4	.1	(5)
75 AND OVER.....	751	94.5	31.1	43.3	9.4	.2	8.6	.1	(5)
ALL INDIVIDUALS...	4/36,142	83.7	26.0	41.2	7.3	.6	7.2	(5)	(5)

Continued--

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TABLE 1.15-1.--VITAMIN C

PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1	2.4	2.6	3.0	0.0	0.1	1.5	0.0
1-2	3.2	11.1	6.7	(5)	.3	11.1	.0
3-5	3.0	11.9	7.4	(5)	.4	12.0	(5)
6-8	3.6	12.6	8.6	(5)	.4	11.0	(5)
MALES:							
9-11	3.4	14.2	8.7	(5)	.4	10.5	(5)
12-14	3.8	15.6	9.4	(5)	.4	9.2	.0
15-18	4.1	17.8	10.7	(5)	.4	8.5	.1
19-22	4.3	18.4	13.0	.1	.3	8.1	.1
23-34	5.2	20.3	14.3	.1	.3	5.3	.3
35-50	6.0	19.8	17.5	.1	.3	4.0	.2
51-64	6.8	16.5	17.4	.1	.3	2.3	.2
65-74	8.0	14.8	16.7	(5)	.6	2.3	(5)
75 AND OVER	8.2	14.0	14.6	(5)	.5	3.7	(5)
FEMALES:							
9-11	3.5	13.5	9.4	(5)	.3	9.5	.0
12-14	3.7	14.7	10.1	(5)	.4	9.6	.0
15-18	4.1	16.9	11.4	.1	.3	9.1	.1
19-22	4.3	16.5	14.4	.1	.3	8.0	.6
23-34	6.0	16.0	16.5	.1	.2	6.2	.4
35-50	7.1	15.1	17.2	.1	.3	4.5	.2
51-64	6.9	12.8	17.0	.1	.3	3.2	.1
65-74	7.7	11.5	15.7	.1	.3	2.5	(5)
75 AND OVER	8.1	12.1	15.1	(5)	.4	3.2	(5)
ALL INDIVIDUALS	5.4	15.3	13.8	.1	.3	6.3	.2

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.15-2.--VITAMIN C
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	1.1	0.3	(5)	0.0	(5)	(5)	0.1	0.3
1-2.............	4/1,035	7.8	.6	0.6	(5)	0.1	0.5	1.6	.8
3-5.............	1,719	10.1	.8	.7	(5)	(5)	.7	2.5	1.2
6-8.............	1,841	17.5	1.8	1.2	(5)	.1	1.3	4.6	1.5
MALES:									
9-11.............	939	19.1	1.9	1.4	.0	.1	1.7	4.3	1.5
12-14............	1,150	17.8	1.9	1.6	(5)	.1	2.0	3.7	1.3
15-18............	1,394	17.4	1.5	2.1	(5)	.1	1.5	2.9	1.1
19-22............	1,030	20.6	1.0	2.9	(5)	.1	1.8	3.9	.8
23-34............	2,716	19.7	.7	2.5	.1	.1	1.7	3.7	1.0
35-50............	2,571	14.8	.5	1.8	.1	.1	.9	2.4	.5
51-64............	2,161	10.8	.3	1.1	(5)	.1	.5	2.0	.5
65-74............	1,049	6.9	.1	.6	(5)	(5)	.4	1.0	.3
75 AND OVER.....	465	4.5	.1	.4	.0	(5)	.1	.4	.4
FEMALES:									
9-11.............	1,011	18.4	2.1	1.3	(5)	.1	1.6	3.8	2.0
12-14............	1,148	17.6	1.9	1.7	(5)	.1	1.6	3.6	1.2
15-18............	1,473	18.5	1.3	1.8	(5)	.1	1.9	3.4	.9
19-22............	1,317	18.2	.7	1.8	(5)	.1	1.5	3.6	.7
23-34............	3,879	14.9	.5	1.8	.1	.1	1.0	2.8	.7
35-50............	3,759	11.8	.3	1.3	(5)	(5)	.6	2.3	.6
51-64............	2,936	8.9	.2	.8	(5)	(5)	.3	1.8	.6
65-74............	1,376	6.7	.1	.5	.0	(5)	.3	.9	.5
75 AND OVER.....	751	4.6	.1	.3	.0	(5)	.2	.9	.4
ALL INDIVIDUALS...	4/36,142	13.7	.8	1.4	(5)	.1	1.0	2.7	.8

Continued--

TABLE 1.15-2.--VITAMIN C
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	VEGETABLES: DARK GREEN, DEEP YELLOW	VEGETABLES: WHITE POTATOES, VIANDAS	VEGETABLES: OTHER	FATS, OILS	SUGAR, SWEETS	BEVERAGES: NONALCOHOLIC	BEVERAGES: ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	0.1	0.1	0.0	0.0	(5)	0.0
1-2.............	0.2	1.7	.7	.0	.1	0.9	.0
3-5.............	.3	1.9	.7	(5)	.1	1.2	(5)
6-8.............	.7	2.9	2.1	(5)	.1	1.2	(5)
MALES:							
9-11............	.8	[illegible]	2.4	(5)	.1	1.3	(5)
12-14...........	.6	3.6	2.1	(5)	.1	.8	.0
15-18...........	.4	4.6	1.9	(5)	.1	1.0	(5)
19-22...........	.6	5.7	2.4	(5)	(5)	1.3	.1
23-34...........	.6	5.6	2.8	(5)	(5)	.6	.2
35-50...........	.7	4.6	2.9	(5)	(5)	.3	.1
51-64...........	.6	2.9	2.4	(5)	(5)	.3	.1
65-74...........	.4	2.0	1.9	(5)	(5)	.1	(5)
75 AND OVER.....	.3	1.6	1.0	(5)	(5)	.1	(5)
FEMALES:							
9-11............	.6	3.2	2.7	(5)	.1	.9	.0
12-14...........	.4	3.6	2.1	(5)	.1	1.5	.0
15-18...........	.3	4.7	2.5	(5)	.1	1.4	.1
19-22...........	.6	4.8	2.3	(5)	.1	1.3	.6
23-34...........	.7	3.4	2.7	(5)	(5)	.9	.3
35-50...........	.9	2.7	2.3	(5)	(5)	.5	.1
51-64...........	.7	2.0	2.0	(5)	(5)	.3	.1
65-74...........	.7	1.6	1.7	(5)	.1	.1	(5)
75 AND OVER.....	.6	1.0	.9	(5)	(5)	.2	(5)
ALL INDIVIDUALS...	.6	3.3	2.2	(5)	.1	.7	.1

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.14-3.--VITAMIN B12
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1..........	(5)	0.2	2.4	(5)	(3)	0.0	0.0
1-2.............	(5)	.4	.4	0.1	0.2	.0	.0
3-5.............	(5)	.4	.2	.2	.2	.0	.0
6-8.............	(5)	.4	.2	.2	.2	.0	.0
MALES:							
9-11............	(5)	.4	.2	.2	.2	.0	.0
12-14...........	(5)	.4	.2	.2	.1	(5)	.0
15-18...........	(5)	.5	.2	.2	.1	(5)	.0
19-22...........	(5)	.6	.2	.3	.1	(5)	.0
23-34...........	(5)	.5	.3	.3	.1	(5)	.0
35-50...........	(5)	.6	.4	.4	.1	(5)	.0
51-64...........	(5)	.6	.4	.3	.1	(5)	.0
65-74...........	0.1	.6	.5	.3	.1	(5)	.0
75 AND OVER.....	(5)	.5	.7	.3	(5)	(5)	.0
FEMALES:							
9-11............	(5)	.4	.2	.2	.2	(5)	.0
12-14...........	(5)	.5	.2	.3	.3	(5)	.0
15-18...........	(5)	.5	.3	.3	.2	(5)	.0
19-22...........	(5)	.5	.3	.4	.1	(5)	.0
23-34...........	(5)	.6	.3	.4	.1	(5)	.0
35-50...........	(5)	.6	.5	.4	.1	(5)	.0
51-64...........	.1	.6	.5	.4	.1	(5)	.0
65-74...........	.1	.6	.7	.5	.1	(5)	.0
75 AND OVER.....	(5)	.6	.7	.3	.1	(5)	.0
ALL INDIVIDUALS...	(5)	.5	.4	.3	.1	(5)	.0

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1.15-1.--VITAMIN C
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	100.0	37.2	1.7	(5)	4.1	5.3	10.1	32.2
1-2..............	4/1,035	100.0	10.7	4.1	(5)	.6	11.3	28.9	11.9
3-5..............	1,719	100.0	8.4	4.0	(5)	.3	14.3	29.7	8.5
6-8..............	1,841	100.0	8.1	3.6	(5)	.4	13.9	29.7	8.2
MALES:									
9-11.............	939	100.0	8.0	4.8	(5)	.4	14.5	28.6	6.4
12-14............	1,150	100.0	8.4	4.7	(5)	.5	14.8	27.1	6.1
15-18............	1,394	100.0	8.0	6.1	(5)	.4	11.0	27.4	5.3
19-22............	1,030	100.0	6.5	7.7	(5)	.5	9.0	26.4	5.6
23-34............	2,716	100.0	5.0	7.4	0.1	.6	7.2	27.8	6.1
35-50............	2,571	99.8	4.1	6.6	.1	.6	5.8	28.1	6.8
51-64............	2,161	100.0	3.8	5.3	(5)	.5	5.2	32.9	8.7
65-74............	1,049	99.8	3.7	4.2	(5)	.4	6.8	31.2	11.1
75 AND OVER......	465	99.4	5.2	3.9	.0	.3	7.7	30.3	10.8
FEMALES:									
9-11.............	1,011	100.0	7.6	3.9	(5)	.4	13.5	30.0	8.2
12-14............	1,148	99.9	7.6	4.8	(5)	.3	11.8	29.4	7.4
15-18............	1,473	99.9	6.7	5.4	(5)	.4	9.9	29.5	6.0
19-22............	1,317	99.5	5.8	5.6	(5)	.4	7.6	29.1	6.7
23-34............	3,879	99.8	4.3	6.1	.1	.5	6.5	30.0	7.0
35-50............	3,759	99.9	3.5	5.6	.1	.4	5.5	32.5	7.8
51-64............	2,936	99.9	3.0	4.4	.1	.4	4.7	36.4	10.5
65-74............	1,376	100.0	3.5	3.7	(5)	.3	6.0	38.1	10.7
75 AND OVER......	751	100.0	4.8	3.5	.0	.2	6.6	35.6	10.4
ALL INDIVIDUALS...	4/36,142	99.9	5.8	5.2	(5)	.5	8.3	30.4	8.2

Continued--

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TABLE 1.15-3.--VITAMIN C
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	ALL FOOD3/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1..........	4/421	98.9	36.9	1.6	(5)	4.0	5.2	9.9	31.8
1-2.............	4/1,035	92.2	10.1	3.5	(5)	.5	10.8	27.3	11.1
3-5.............	1,719	89.9	7.6	3.3	(5)	.3	13.6	27.2	7.3
6-8.............	1,841	82.5	6.3	2.4	(5)	.3	12.5	25.2	6.7
MALES:									
9-11............	939	80.9	6.1	3.3	(5)	.3	12.8	24.3	4.9
12-14...........	1,150	82.2	6.4	3.1	(5)	.3	12.8	23.4	4.8
15-18...........	1,394	82.6	6.5	3.9	(5)	.4	9.5	24.5	4.2
19-22...........	1,030	79.4	5.5	4.8	(5)	.4	7.3	22.5	4.8
23-34...........	2,716	80.3	4.2	4.9	(5)	.5	5.5	24.1	5.2
35-50...........	2,571	85.0	3.6	4.8	(5)	.6	4.9	25.7	6.3
51-64...........	2,161	89.2	3.5	4.3	(5)	.4	4.7	30.9	8.2
65-74...........	1,049	92.9	3.6	3.6	(5)	.4	6.4	30.3	10.8
75 AND OVER.....	465	94.9	5.1	3.5	0.0	.3	7.6	29.9	10.4
FEMALES:									
9-11............	1,011	81.6	5.5	2.6	(5)	.3	11.9	26.1	6.3
12-14...........	1,148	82.3	5.8	3.1	(5)	.3	10.2	25.8	6.3
15-18...........	1,473	81.5	5.4	3.6	(5)	.4	8.0	26.1	5.0
19-22...........	1,317	81.3	5.1	3.8	(5)	.4	6.1	25.4	6.0
23-34...........	3,879	85.0	3.9	4.3	(5)	.4	5.5	27.3	6.3
35-50...........	3,759	88.1	3.2	4.3	.1	.4	4.9	30.2	7.2
51-64...........	2,936	91.1	2.8	3.6	(5)	.4	4.4	34.6	9.9
65-74...........	1,376	93.3	3.4	3.2	(5)	.2	5.7	37.2	10.2
75 AND OVER.....	751	95.4	4.6	3.2	.0	.2	6.4	34.8	10.1
ALL INDIVIDUALS...	4/36,142	86.2	5.1	3.8	(5)	.4	7.3	27.7	7.3

Continued--

TABLE 1.15-3.--VITAMIN C
PERCENTAGE FROM 14 FOOD GROUPS1/ PER INDIVIDUAL PER DAY,2/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
	PERCENT						
MALES AND FEMALES:							
UNDER 1	2.4	2.5	2.9	0.0	0.1	1.4	0.0
1-2	3.0	9.4	6.1	(5)	.3	10.2	.0
3-5	2.7	10.0	6.7	(5)	.3	10.8	.0
6-8	2.9	9.7	6.5	(5)	.3	9.8	.0
MALES:							
9-11	2.6	10.7	6.4	(5)	.3	9.2	.0
12-14	3.3	11.9	7.3	(5)	.4	8.4	.0
15-18	3.7	13.2	8.8	(5)	.3	7.5	(5)
19-22	3.7	12.7	10.6	.1	.2	6.7	(5)
23-34	4.6	14.7	11.5	.1	.3	4.7	.1
35-50	5.2	15.2	14.6	.1	.2	3.6	.1
51-64	6.2	13.6	15.0	.1	.3	2.0	(5)
65-74	7.5	12.8	14.8	(5)	.6	2.2	(5)
75 AND OVER	7.8	12.5	13.5	(5)	.5	3.6	(5)
FEMALES:							
9-11	3.0	10.3	6.7	(5)	.2	8.6	.0
12-14	3.3	11.2	8.0	(5)	.3	8.1	.0
15-18	3.8	12.1	8.8	(5)	.3	7.7	(5)
19-22	3.7	11.6	12.1	.1	.2	6.7	(5)
23-34	5.2	12.6	13.8	.1	.2	5.3	.1
35-50	6.2	12.4	14.9	.1	.3	4.0	.1
51-64	6.2	10.8	14.9	.1	.3	3.0	(5)
65-74	7.0	9.9	13.9	(5)	.2	2.4	(5)
75 AND OVER	7.5	11.0	14.1	(5)	.4	3.0	(5)
ALL INDIVIDUALS	4.8	12.0	11.6	.1	.3	5.6	(5)

1/ SEE "TABLE NOTES," APPENDIX B.
2/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
3/ PERCENTAGES MAY NOT ADD TO TOTAL BECAUSE OF ROUNDING.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2A-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	647	4,287	0.88	1.52	8.9	0.61	2.53	78
1-2.............	885	3,436	.91	1.47	10.5	.95	3.49	68
3-5.............	981	3,757	1.11	1.62	13.5	1.14	3.87	71
6-8.............	1,182	4,581	1.31	1.93	16.4	1.37	4.59	82
MALES:								
9-11............	1,321	5,378	1.51	2.18	19.2	1.58	5.51	87
12-14...........	1,473	5,774	1.64	2.37	21.0	1.74	5.91	90
15-18...........	1,655	6,191	1.81	2.58	23.8	1.87	6.77	96
19-22...........	1,506	5,903	1.58	2.22	23.4	1.77	7.18	88
23-34...........	1,479	5,683	1.54	2.02	23.9	1.76	6.11	86
35-50...........	1,359	6,002	1.47	1.86	23.4	1.71	5.70	83
51-64...........	1,326	7,087	1.47	1.92	22.9	1.72	6.72	92
65-74...........	1,206	7,290	1.38	1.83	20.4	1.58	6.05	92
75 AND OVER.....	1,165	6,988	1.36	1.75	18.9	1.52	5.06	91
FEMALES:								
9-11............	1,202	4,811	1.34	1.93	16.9	1.41	4.60	85
12-14...........	1,170	4,488	1.30	1.83	16.8	1.36	4.61	80
15-18...........	1,100	4,278	1.19	1.64	16.0	1.27	4.19	75
19-22...........	997	3,915	1.06	1.40	15.4	1.19	3.81	71
23-34...........	1,002	4,696	1.04	1.38	16.0	1.19	4.20	74
35-50...........	933	5,195	1.01	1.31	16.2	1.17	4.60	75
51-64...........	961	6,106	1.07	1.40	16.8	1.27	4.84	89
65-74...........	919	6,605	1.06	1.42	15.8	1.24	4.60	93
75 AND OVER.....	913	6,357	1.05	1.42	14.9	1.21	4.30	84
ALL INDIVIDUALS...	1,153	5,388	1.26	1.72	18.2	1.40	5.02	82

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2A-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	638	4,248	0.88	1.50	8.8	0.60	2.48	78
1-2.............	820	3,231	.84	1.37	9.7	.88	3.27	64
3-5.............	874	3,424	1.00	1.46	12.2	1.03	3.49	65
6-8.............	928	3,760	1.09	1.55	13.5	1.13	3.71	69
MALES:								
9-11............	1,019	4,417	1.24	1.73	15.6	1.29	4.49	72
12-14...........	1,153	4,864	1.36	1.91	17.3	1.45	4.85	77
15-18...........	1,309	5,350	1.50	2.08	19.4	1.55	5.61	82
19-22...........	1,159	4,818	1.27	1.75	18.0	1.40	5.64	71
23-34...........	1,146	4,698	1.24	1.58	18.4	1.39	4.74	72
35-50...........	1,114	5,040	1.24	1.54	19.1	1.42	4.50	73
51-64...........	1,144	6,340	1.30	1.68	19.7	1.51	5.85	84
65-74...........	1,108	6,842	1.28	1.70	18.6	1.45	5.57	87
75 AND OVER.....	1,098	6,643	1.30	1.66	17.7	1.43	4.80	87
FEMALES:								
9-11............	928	3,941	1.10	1.52	13.7	1.15	3.66	72
12-14...........	913	3,816	1.07	1.46	13.7	1.12	3.73	68
15-18...........	848	3,620	.97	1.30	12.6	1.02	3.36	64
19-22...........	797	3,326	.88	1.14	12.3	.97	3.06	61
23-34...........	837	4,073	.89	1.17	13.2	1.01	3.56	65
35-50...........	804	4,563	.89	1.14	14.0	1.02	3.84	68
51-64...........	857	5,551	.97	1.26	14.9	1.14	4.32	83
65-74...........	844	6,126	.98	1.32	14.3	1.15	4.18	88
75 AND OVER.....	859	6,029	1.00	1.35	14.0	1.14	4.04	80
ALL INDIVIDUALS...	958	4,706	1.08	1.45	15.3	1.19	4.22	73

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 2A-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/421	793	28.9	32.0	90.9	753	17.5	124
1-2.............	2/1,035	1,209	48.9	50.9	141.7	741	8.2	164
3-5.............	1,719	1,466	56.8	62.1	173.7	758	9.6	186
6-8.............	1,841	1,774	68.8	76.4	207.4	912	11.5	228
MALES:								
9-11............	939	2,040	79.2	89.1	235.5	984	13.3	253
12-14...........	1,150	2,276	89.1	100.3	259.8	1,091	14.8	280
15-18...........	1,394	2,568	102.8	116.5	280.7	1,179	16.5	309
19-22...........	1,030	2,395	99.0	110.2	246.7	945	15.6	286
23-34...........	2,716	2,418	98.1	112.4	242.2	857	15.9	308
35-50...........	2,571	2,270	93.9	108.1	218.7	750	15.6	308
51-64...........	2,161	2,158	90.0	102.6	211.5	743	15.4	310
65-74...........	1,049	1,913	78.9	87.1	201.8	709	14.2	285
75 AND OVER.....	465	1,866	75.0	85.4	199.6	71[illegible]	14.0	272
FEMALES:								
9-11............	1,011	1,849	71.0	80.1	216.2	908	11.9	234
12-14...........	1,148	1,842	71.4	81.1	211.2	847	11.8	224
15-18...........	1,473	1,748	69.3	78.5	194.2	761	11.1	209
19-22...........	1,317	1,601	65.4	72.4	170.6	626	10.6	200
23-34...........	3,879	1,603	66.0	73.6	166.2	612	10.8	218
35-50...........	3,759	1,514	64.5	71.0	151.8	530	10.9	222
51-64...........	2,936	1,528	65.0	70.8	156.7	556	11.3	239
65-74...........	1,376	1,430	60.6	63.2	156.7	562	10.9	226
75 AND OVER.....	751	1,417	57.6	61.8	160.2	587	10.6	222
ALL INDIVIDUALS...	2/36,142	1,826	74.3	83.1	193.5	743	12.6	24[illegible]

Continued--

TABLE 2A-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/421	10	0.4	0.4	1.2	8	0.1	2
1-2.............	2/1,035	104	3.9	4.5	12.2	49	.6	12
3-5.............	1,719	171	6.3	7.2	20.7	82	1.0	20
6-8.............	1,841	365	14.7	16.0	41.7	207	2.0	46
MALES:								
9-11............	939	451	17.8	19.8	51.7	240	2.5	55
12-14...........	1,150	484	18.9	21.3	55.4	253	2.7	56
15-18...........	1,394	548	20.9	24.4	61.6	251	3.0	59
19-22...........	1,030	591	22.7	26.2	63.3	203	3.4	63
23-34...........	2,716	578	21.9	26.2	58.1	183	3.4	69
35-50...........	2,571	428	17.2	20.3	40.1	124	2.8	56
51-64...........	2,161	314	13.1	15.4	28.3	92	2.1	41
65-74...........	1,049	172	7.2	8.5	15.3	47	1.1	22
75 AND OVER.....	465	114	4.9	5.5	11.1	33	.8	15
FEMALES:								
9-11............	1,011	403	15.7	17.5	47.0	224	2.2	50
12-14...........	1,148	402	15.1	17.7	46.6	198	2.2	46
15-18...........	1,473	412	15.6	18.3	47.1	175	2.3	45
19-22...........	1,317	349	13.3	15.6	36.8	116	2.0	38
23-34...........	3,879	295	11.3	13.5	30.0	92	1.8	35
35-50...........	3,759	226	9.1	11.0	21.4	68	1.4	29
51-64...........	2,936	183	7.6	8.8	17.4	55	1.2	25
65-74...........	1,376	133	5.8	6.6	12.4	37	.9	17
75 AND OVER.....	751	88	3.9	4.3	8.5	29	.6	11
ALL INDIVIDUALS...	2/36,142	325	12.7	14.8	33.8	123	1.9	39

Continued--

TABLE 2A-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	9	39	0.01	0.01	0.1	0.01	0.04	1
1-2.............	66	206	.06	.10	.8	.07	.22	4
3-5.............	108	333	.10	.17	1.4	.10	.38	6
6-8.............	254	822	.22	.38	2.9	.24	.88	13
MALES:								
9-11............	301	961	.27	.45	3.6	.28	1.02	15
12-14...........	320	910	.28	.47	3.7	.29	1.07	13
15-18...........	345	841	.31	.50	4.3	.32	1.15	14
19-22...........	346	1,085	.31	.47	5.4	.38	1.54	16
23-34...........	332	984	.30	.43	5.5	.37	1.37	14
35-50...........	245	962	.23	.32	4.4	.28	1.20	10
51-64...........	181	747	.17	.23	3.2	.22	.87	8
65-74...........	98	449	.10	.12	1.8	.12	.48	5
75 AND OVER.....	57	346	.06	.09	1.2	.08	.26	4
FEMALES:								
9-11............	274	870	.24	.41	3.1	.26	.94	13
12-14...........	258	672	.23	.37	3.1	.24	.88	12
15-18...........	252	659	.23	.35	3.3	.25	.83	11
19-22...........	200	589	.18	.26	3.1	.22	.75	10
23-34...........	165	623	.15	.21	2.7	.18	.64	9
35-50...........	128	632	.12	.17	2.2	.14	.76	7
51-64...........	105	556	.10	.14	1.9	.13	.52	7
65-74...........	75	479	.07	.10	1.4	.10	.42	5
75 AND OVER.....	54	329	.05	.07	.9	.07	.26	3
ALL INDIVIDUALS...	195	683	.18	.27	2.9	.21	.80	9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2B-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/54	781	29.7	35.9	76.5	704	15.6	114
1-2.............	2/137	1,152	48.3	49.6	129.9	672	8.1	154
3-5.............	202	1,460	57.9	62.0	170.0	710	10.6	185
6-8.............	186	1,713	67.9	72.0	201.7	821	11.7	215
MALES:								
9-11............	99	1,875	75.7	78.9	218.6	885	12.7	235
12-14...........	93	2,061	82.2	87.6	239.6	893	14.2	246
15-18...........	113	2,291	96.3	102.4	246.4	920	15.9	266
19-22...........	92	2,341	94.5	104.8	249.0	853	15.2	273
23-34...........	166	2,304	96.7	106.5	230.5	810	15.8	304
35-50...........	93	2,113	87.8	96.4	216.9	719	14.7	289
51-64...........	142	1,821	77.1	83.8	180.1	650	13.4	263
65-74...........	254	1,735	76.1	81.8	184.6	678	13.2	259
75 AND OVER.....	162	1,709	70.3	74.8	186.7	673	12.9	251
FEMALES:								
9-11............	108	1,756	69.0	73.3	208.8	792	12.2	224
12-14...........	95	1,723	68.7	73.8	198.3	700	11.6	205
15-18...........	117	1,789	73.4	76.4	205.1	734	11.9	210
19-22...........	155	1,519	63.6	67.1	163.4	590	10.7	197
23-34...........	349	1,596	65.5	71.5	170.1	542	11.3	206
35-50...........	273	1,472	63.5	65.1	156.3	504	11.0	206
51-64...........	380	1,418	62.8	64.4	145.9	516	10.6	214
65-74...........	453	1,382	59.2	60.3	152.5	573	10.7	219
75 AND OVER.....	303	1,399	57.6	61.6	156.8	589	10.8	224
ALL INDIVIDUALS...	2/4,026	1,634	68.0	72.2	177.4	657	11.9	224

Continued--

TABLE 2A-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/421	783	28.5	31.7	89.7	744	17.4	122
1-2.............	2/1,035	1,105	45.0	46.4	129.5	692	7.6	152
3-5.............	1,719	1,295	50.5	54.8	153.0	675	8.6	167
6-8.............	1,841	1,409	54.2	60.4	165.7	705	9.5	182
MALES:								
9-11............	939	1,589	61.4	69.3	183.8	743	10.8	198
12-14...........	1,150	1,792	70.2	79.0	204.4	838	12.1	224
15-18...........	1,394	2,020	81.9	92.1	219.0	927	13.5	250
19-22...........	1,030	1,804	76.3	84.0	183.4	743	12.1	223
23-34...........	2,716	1,841	76.1	86.2	184.0	675	12.4	239
35-50...........	2,571	1,842	76.6	87.9	178.6	626	12.9	253
51-64...........	2,161	1,845	76.9	87.1	183.2	650	13.4	268
65-74...........	1,049	1,741	71.7	78.7	186.5	662	13.1	263
75 AND OVER.....	465	1,752	70.1	79.9	188.5	685	13.3	258
FEMALES:								
9-11............	1,011	1,447	55.4	62.5	169.2	683	9.7	184
12-14...........	1,148	1,440	56.2	63.4	164.6	649	9.6	178
15-18...........	1,473	1,336	53.8	60.3	147.1	586	8.8	164
19-22...........	1,317	1,252	52.1	56.8	133.8	510	8.5	162
23-34...........	3,879	1,308	54.7	60.1	136.2	520	9.0	183
35-50...........	3,759	1,288	55.4	60.0	130.4	462	9.4	193
51-64...........	2,936	1,345	57.4	62.0	139.3	501	10.1	214
65-74...........	1,376	1,297	54.8	56.6	144.3	525	10.0	209
75 AND OVER.....	751	1,328	53.7	57.5	151.6	558	10.0	211
ALL INDIVIDUALS...	2/36,142	1,501	61.6	68.3	159.7	620	10.6	207

Continued--

TABLE 2B-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	617	4,153	0.78	1.41	8.0	0.57	2.35	70
1-2.............	831	4,155	.91	1.45	10.8	.99	4.19	60
3-5.............	960	4,110	1.22	1.69	14.7	1.24	4.30	66
6-8.............	1,127	4,957	1.34	1.91	16.8	1.38	5.26	76
MALES:								
9-11............	1,230	5,472	1.45	2.02	18.3	1.48	5.21	82
12-14...........	1,290	6,136	1.61	2.15	20.4	1.64	5.98	87
15-18...........	1,430	5,225	1.69	2.14	22.7	1.70	5.38	74
19-22...........	1,430	4,733	1.49	1.93	22.4	1.64	5.68	78
23-34...........	1,452	5,789	1.49	1.91	23.0	1.72	5.63	80
35-50...........	1,294	4,388	1.40	1.65	21.5	1.56	4.16	69
51-64...........	1,167	8,254	1.32	1.77	19.6	1.42	7.15	69
65-74...........	1,166	7,374	1.28	1.81	19.4	1.44	6.94	73
75 AND OVER.....	1,097	6,013	1.27	1.63	17.6	1.38	4.30	72
FEMALES:								
9-11............	1,126	4,788	1.33	1.78	16.8	1.37	4.53	72
12-14...........	1,069	4,363	1.29	1.66	16.7	1.32	4.44	76
15-18...........	1,132	4,705	1.29	1.71	17.4	1.29	5.33	72
19-22...........	958	4,281	1.05	1.35	15.6	1.22	3.82	59
23-34...........	968	5,051	1.11	1.42	16.3	1.21	5.12	73
35-50...........	910	5,214	1.05	1.30	15.6	1.15	5.46	74
51-64...........	901	6,349	1.04	1.36	16.2	1.18	5.19	79
65-74...........	917	6,710	1.05	1.45	15.3	1.19	5.01	87
75 AND OVER.....	913	6,503	1.08	1.46	15.3	1.21	4.55	79
ALL INDIVIDUALS...	1,046	5,670	1.20	1.61	17.0	1.30	5.11	75

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2B-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/54	2	0.1	0.1	0.2	2	0.1	(3)
1-2.............	2/137	58	2.3	2.7	6.2	26	.4	7
3-5.............	202	139	5.1	6.0	16.5	74	.8	16
6-8.............	186	377	15.3	16.2	43.6	224	2.2	49
MALES:								
9-11............	99	420	16.9	17.5	49.9	241	2.5	53
12-14...........	93	403	16.2	17.7	45.8	216	2.4	49
15-18...........	113	440	17.6	19.6	48.3	183	2.6	46
19-22...........	92	619	24.1	28.2	65.3	229	3.5	66
23-34...........	166	459	18.2	20.0	46.6	138	2.9	62
35-50...........	93	322	12.8	15.0	32.8	93	2.0	40
51-64...........	142	163	7.4	7.4	16.0	45	1.2	21
65-74...........	254	143	5.8	6.6	13.8	40	.9	17
75 AND OVER.....	162	120	5.1	5.3	13.0	32	.8	17
FEMALES:								
9-11............	108	420	16.8	18.3	48.2	243	2.4	53
12-14...........	95	361	13.9	16.2	40.9	181	1.9	44
15-18...........	117	405	15.6	17.4	47.5	167	2.3	44
19-22...........	155	307	12.1	14.2	30.1	110	1.7	35
23-34...........	349	193	7.6	8.9	19.2	58	1.2	24
35-50...........	273	148	6.1	6.7	15.2	48	1.0	19
51-64...........	380	122	5.6	5.7	11.5	31	.9	16
65-74...........	453	107	5.0	5.2	9.9	34	.7	14
75 AND OVER.....	303	83	3.7	3.8	8.8	28	.5	11
ALL INDIVIDUALS...	2/4,026	218	8.9	9.8	23.2	87	1.3	27

Continued--

TABLE 2B-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	1	9	(3)	(3)	(3)	(3)	0.01	(3)
1-2.............	37	136	0.04	0.06	0.5	0.04	.13	3
3-5.............	90	327	.09	.14	1.1	.08	.28	5
6-8.............	271	1,053	.25	.42	3.3	.27	1.06	15
MALES:								
9-11............	291	998	.27	.44	3.4	.28	.97	16
12-14...........	270	753	.25	.40	3.2	.27	.89	13
15-18...........	273	617	.25	.37	3.9	.27	.84	12
19-22...........	371	748	.31	.49	5.5	.39	1.20	18
23-34...........	281	559	.26	.34	4.2	.32	.82	12
35-50...........	182	580	.18	.23	3.4	.21	.63	8
51-64...........	98	428	.10	.13	1.8	.13	.42	4
65-74...........	81	328	.07	.10	1.5	.11	.30	4
75 AND OVER.....	73	394	.07	.09	1.2	.09	.24	4
FEMALES:								
9-11............	296	997	.27	.44	3.4	.28	1.05	17
12-14...........	233	653	.21	.34	3.0	.22	.72	13
15-18...........	247	621	.22	.34	3.4	.26	.80	14
19-22...........	180	472	.14	.22	2.8	.20	.59	7
23-34...........	111	450	.10	.14	1.8	.13	.63	5
35-50...........	88	358	.09	.11	1.4	.11	.92	6
51-64...........	70	445	.07	.09	1.4	.09	.48	4
65-74...........	66	412	.06	.09	1.1	.08	.30	4
75 AND OVER.....	52	248	.05	.06	.9	.06	.15	3
ALL INDIVIDUALS...	136	483	.13	.18	2.0	.15	.55	7

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.
3/ VALUE TOO SMALL TO BE DISPLAYED BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 28-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	616	4,144	0.78	1.41	8.0	0.57	2.34	70
1-2.............	794	4,019	.87	1.39	10.3	.95	4.06	57
3-5.............	870	3,783	1.12	1.55	13.7	1.16	4.02	62
6-8.............	856	3,904	1.09	1.49	13.5	1.11	4.20	61
MALES:								
9-11............	940	4,474	1.18	1.58	14.9	1.20	4.24	66
12-14...........	1,020	5,383	1.36	1.76	17.2	1.37	5.10	74
15-18...........	1,157	4,608	1.44	1.77	18.9	1.43	4.54	62
19-22...........	1,059	3,985	1.18	1.45	16.8	1.26	4.48	60
23-34...........	1,172	5,230	1.23	1.57	18.8	1.40	4.81	68
35-50...........	1,112	3,808	1.22	1.42	18.1	1.35	3.53	61
51-64...........	1,070	7,826	1.22	1.65	17.7	1.29	6.73	65
65-74...........	1,085	7,046	1.21	1.71	17.9	1.33	6.64	69
75 AND OVER.....	1,024	5,620	1.20	1.55	16.4	1.29	4.06	68
FEMALES:								
9-11............	831	3,791	1.06	1.34	13.5	1.09	3.48	55
12-14...........	836	3,710	1.07	1.32	13.8	1.09	3.72	63
15-18...........	886	4,084	1.06	1.37	14.1	1.03	4.53	58
19-22...........	779	3,809	.91	1.13	12.8	1.03	3.23	52
23-34...........	857	4,601	1.01	1.28	14.5	1.09	4.49	68
35-50...........	822	4,855	.96	1.19	14.2	1.04	4.54	68
51-64...........	831	5,904	.97	1.26	14.8	1.09	4.70	75
65-74...........	851	6,299	.98	1.36	14.2	1.11	4.71	84
75 AND OVER.....	861	6,256	1.03	1.40	14.4	1.15	4.40	76
ALL INDIVIDUALS...	910	5,187	1.07	1.42	14.9	1.15	4.56	68

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2B-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/54	778	29.7	35.8	76.3	703	15.5	114
1-2.............	2/137	1,095	45.9	47.0	123.7	646	7.7	147
3-5.............	202	1,321	52.8	56.0	153.5	636	9.8	168
6-8.............	186	1,335	52.6	55.8	158.1	597	9.5	166
MALES:								
9-11............	99	1,455	58.8	61.4	168.7	644	10.2	182
12-14...........	93	1,658	66.0	69.9	193.8	677	11.8	197
15-18...........	113	1,851	78.6	82.8	198.2	737	13.3	219
19-22...........	92	1,721	70.4	76.5	183.7	624	11.7	207
23-34...........	166	1,845	78.5	86.5	183.9	672	12.9	242
35-50...........	93	1,791	75.0	81.5	184.1	627	12.6	249
51-64...........	142	1,658	69.7	76.4	164.1	605	12.2	242
65-74...........	254	1,643	70.2	75.2	170.8	638	12.3	242
75 AND OVER.....	162	1,589	65.2	69.5	173.7	642	12.1	234
FEMALES:								
9-11............	108	1,336	52.2	55.0	160.6	549	9.8	171
12-14...........	95	1,362	54.9	57.6	157.4	520	9.7	161
15-18...........	117	1,385	57.8	59.0	157.6	567	9.6	167
19-22...........	155	1,212	51.5	52.9	133.3	480	9.0	162
23-34...........	349	1,403	57.9	62.5	150.8	485	10.1	182
35-50...........	273	1,323	57.4	58.4	141.1	455	10.1	187
51-64...........	380	1,296	57.2	58.7	134.5	484	9.8	198
65-74...........	453	1,274	54.2	55.1	142.5	539	9.9	205
75 AND OVER.....	303	1,316	53.9	57.8	148.1	561	10.2	212
ALL INDIVIDUALS...	2/4,026	1,415	59.1	62.4	154.2	570	10.6	197

Continued--

TABLE 2C-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/55	820	29.3	32.4	95.8	733	15.9	123
1-2.............	2/127	1,220	49.7	53.2	138.0	775	8.3	164
3-5.............	243	1,412	56.3	60.9	162.5	718	9.5	176
6-8.............	197	1,719	69.7	73.5	198.4	855	11.5	220
MALES:								
9-11............	94	1,923	78.1	85.0	215.1	975	12.9	242
12-14...........	140	2,210	85.8	96.3	254.5	984	14.3	262
15-18...........	133	2,490	102.9	112.7	267.5	1,081	16.4	300
19-22...........	121	2,449	98.3	110.3	257.8	899	16.1	287
23-34...........	309	2,372	94.8	108.7	245.4	832	16.0	299
35-50...........	203	2,196	91.7	100.5	223.6	682	15.2	277
51-64...........	218	2,201	92.9	104.7	218.6	785	16.3	311
65-74...........	242	1,968	77.8	88.8	219.4	750	14.6	306
75 AND OVER.....	84	1,969	76.5	91.5	211.7	741	16.1	291
FEMALES:								
9-11............	118	1,860	74.2	80.3	214.2	918	12.3	238
12-14...........	130	1,782	72.1	77.0	203.3	787	11.9	218
15-18...........	140	1,762	69.3	78.8	197.1	731	11.6	208
19-22...........	183	1,720	68.4	79.5	183.8	689	11.3	199
23-34...........	462	1,527	64.5	68.8	161.6	603	10.5	206
35-50...........	340	1,561	66.2	72.0	160.5	536	11.2	212
51-64...........	380	1,572	66.0	73.2	163.3	552	11.8	237
65-74...........	226	1,471	59.9	66.2	162.1	555	10.8	231
75 AND OVER.....	104	1,385	53.6	58.2	165.2	562	10.2	227
ALL INDIVIDUALS...	2/4,249	1,794	73.1	80.9	193.4	722	12.6	240

Continued--

TABLE 2C-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	655	4,255	0.87	1.51	8.2	0.63	2.90	74
1-2.............	895	3,526	.93	1.52	10.5	.95	3.67	59
3-5.............	942	3,946	1.05	1.56	12.9	1.11	4.19	63
6-8.............	1,150	4,185	1.25	1.81	15.8	1.33	4.37	75
MALES:								
9-11............	1,291	5,286	1.44	2.13	18.6	1.54	5.23	74
12-14...........	1,377	6,103	1.49	2.18	19.6	1.58	6.63	80
15-18...........	1,603	6,389	1.76	2.39	23.0	1.80	6.98	87
19-22...........	1,480	6,884	1.68	2.20	23.5	1.78	7.55	87
23-34...........	1,450	5,721	1.54	2.02	23.2	1.67	6.56	74
35-50...........	1,270	5,359	1.44	1.72	22.0	1.57	5.20	76
51-64...........	1,397	8,023	1.60	2.09	23.8	1.79	7.77	86
65-74...........	1,228	7,216	1.39	1.86	20.3	1.62	5.29	100
75 AND OVER.....	1,180	7,174	1.48	1.77	19.9	1.65	4.61	102
FEMALES:								
9-11............	1,228	4,413	1.35	1.89	16.7	1.41	4.39	84
12-14...........	1,149	4,443	1.29	1.74	16.9	1.33	4.96	70
15-18...........	1,063	4,622	1.23	1.60	16.1	1.32	4.25	75
19-22...........	1,063	3,702	1.15	1.50	16.0	1.24	3.75	69
23-34...........	966	3,986	1.02	1.35	15.5	1.15	3.73	69
35-50...........	943	5,320	1.03	1.31	16.1	1.18	4.44	71
51-64...........	968	[illegible]	1.13	1.40	17.2	1.30	4.38	83
65-74...........	907	7,137	1.04	1.38	15.2	1.24	4.58	96
75 AND OVER.....	895	7,127	1.06	1.40	14.0	1.12	5.00	95
ALL INDIVIDUALS...	1,127	5,414	1.26	1.68	17.7	1.37	4.97	78

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

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SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 2C-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	10	18	0.01	.02	.1	0.01	0.03	(3)
1-2.............	68	288	.07	.10	.8	.06	.22	4
3-5.............	111	427	.11	.17	1.5	.11	.38	7
6-8.............	294	960	.25	.44	3.3	.28	1.02	16
MALES:								
9-11............	326	1,284	.28	.49	3.8	.31	1.24	15
12-14...........	333	1,050	.29	.49	3.8	.31	1.30	15
15-18...........	369	957	.32	.53	4.7	.35	1.36	14
19-22...........	285	823	.26	.37	4.5	.32	.84	13
23-34...........	259	794	.25	.33	4.3	.29	.79	11
35-50...........	172	708	.18	.24	2.9	.19	1.13	9
51-64...........	92	294	.09	.12	1.7	.11	.44	4
65-74...........	86	543	.09	.11	1.[illegible]	.12	.43	4
75 AND OVER.....	47	223	.04	.05	1.[illegible]	.07	.19	3
FEMALES:								
9-11............	326	1,071	.30	.49	3.9	.32	1.07	18
12-14...........	254	673	.23	.37	3.1	.25	.91	12
15-18...........	218	620	.20	.31	2.8	.22	.74	9
19-22...........	183	425	.16	.24	2.7	.18	.59	8
23-34...........	152	538	.15	.20	2.4	.17	.57	8
35-50...........	96	623	.09	.13	1.7	.11	.61	7
51-64...........	93	415	.09	.12	1.8	.13	.32	6
65-74...........	79	540	.08	.10	1.4	.11	.26	6
75 AND OVER.....	37	367	.04	.06	.7	.05	.32	2
ALL INDIVIDUALS...	167	608	.16	.23	2.5	.18	.64	8

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.
3/ VALUE TOO SMALL TO BE DISPLAYED BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2C-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1.........	2/55	11	0.4	0.4	1.4	11	0.1	2
1-2.............	2/127	97	4.0	4.2	11.1	54	.6	13
3-5.............	243	173	6.8	7.7	19.7	81	1.1	20
6-8.............	197	407	17.0	17.6	46.3	243	2.3	54
MALES:								
9-11............	94	450	19.6	20.8	46.9	259	2.8	58
12-14...........	140	524	20.0	22.1	62.7	254	3.0	61
15-18...........	133	552	22.8	24.9	59.6	265	3.2	64
19-22...........	121	485	17.9	20.1	52.5	161	2.7	55
23-34...........	309	471	16.8	20.6	51.4	140	2.8	56
35-50...........	203	288	11.5	12.6	30.5	89	2.0	36
51-64...........	218	161	7.2	7.7	14.8	39	1.1	20
65-74...........	242	155	6.9	7.4	14.7	40	1.1	21
75 AND OVER.....	84	84	4.1	4.8	5.8	17	.6	11
FEMALES:								
9-11............	118	485	18.9	21.5	55.5	267	2.7	61
12-14...........	130	386	15.2	17.3	43.1	197	2.2	48
15-18...........	140	360	13.7	16.2	40.7	160	2.1	41
19-22...........	183	311	11.9	14.4	33.1	111	1.9	33
23-34...........	462	271	10.3	12.4	28.6	88	1.6	32
35-50...........	340	171	6.8	8.2	16.5	50	1.1	21
51-64...........	380	169	7.1	8.1	16.5	49	1.1	23
65-74...........	226	146	6.4	7.2	14.1	40	1.0	19
75 AND OVER.....	104	65	3.0	3.2	5.6	17	.5	8
ALL INDIVIDUALS...	2/4,249	275	10.9	12.4	29.4	108	1.7	33

Continued--

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TABLE 2C-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	645	4,237	0.86	1.50	8.1	0.63	2.87	74
1-2.............	827	3,238	.86	1.42	9.7	.89	3.45	55
3-5.............	832	3,519	.94	1.40	11.4	1.00	3.81	57
6-8.............	856	3,226	1.00	1.37	12.5	1.06	3.35	59
MALES:								
9-11............	965	4,001	1.16	1.64	14.8	1.23	3.99	59
12-14...........	1,044	5,053	1.20	1.69	15.8	1.27	5.33	65
15-18...........	1,234	5,431	1.44	1.86	18.3	1.44	5.62	73
19-22...........	1,195	6,061	1.42	1.83	19.0	1.46	6.71	74
23-34...........	1,191	4,926	1.29	1.68	18.9	1.38	5.77	64
35-50...........	1,098	4,651	1.26	1.48	19.0	1.38	4.07	67
51-64...........	1,305	7,729	1.51	1.98	22.1	1.68	7.32	83
65-74...........	1,142	6,673	1.30	1.75	[illegible]	1.50	4.86	96
75 AND OVER.....	1,134	6,951	1.44	1.72	18.9	1.58	4.41	99
FEMALES:								
9-11............	902	3,341	1.04	1.40	12.9	1.09	3.32	66
12-14...........	895	3,770	1.06	1.37	13.8	1.08	4.06	58
15-18...........	845	4,002	1.02	1.30	13.3	1.10	3.51	66
19-22...........	880	3,277	1.00	1.26	13.3	1.06	3.16	61
23-34...........	815	3,448	.87	1.15	13.1	.99	3.16	61
35-50...........	847	4,697	.96	1.18	14.5	1.07	3.83	65
51-64...........	875	5,160	1.03	1.28	15.3	1.17	4.06	77
65-74...........	828	6,627	.96	1.28	13.8	1.13	4.12	90
75 AND OVER.....	857	6,760	1.01	1.34	13.2	1.07	4.08	[illegible]
ALL INDIVIDUALS...	960	4,805	1.10	1.45	15.2	1.19	4.32	70

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2D-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1........	632	3,973	0.95	1.55	9.9	0.60	2.31	75
1-2............	916	3,126	.90	1.48	10.4	.93	3.21	65
3-5............	993	3,722	1.11	1.63	13.7	1.12	3.83	73
6-8............	1,170	4,551	1.31	1.95	16.6	1.38	4.67	80
MALES:								
9-11...........	1,275	4,982	1.45	2.07	18.6	1.47	5.52	81
12-14..........	1,498	5,773	1.70	2.44	21.8	1.77	6.33	85
15-18..........	1,712	7,876	1.88	2.80	24.5	1.91	8.95	97
19-22..........	1,433	5,234	1.56	2.09	23.5	1.77	6.09	89
23-34..........	1,515	5,577	1.57	2.05	24.5	1.78	6.02	84
35-50..........	1,384	6,302	1.52	1.94	24.1	1.73	6.26	80
51-64..........	1,324	6,625	1.48	1.89	22.8	1.70	6.38	85
65-74..........	1,160	7,016	1.34	1.79	20.5	1.61	6.38	97
75 AND OVER.....	1,312	8,600	1.56	2.05	20.8	1.82	5.48	128
FEMALES:								
9-11...........	1,174	5,122	1.35	1.98	17.5	1.42	5.26	84
12-14..........	1,171	4,703	1.31	1.86	17.0	1.36	4.56	80
15-18..........	1,079	4,301	1.18	1.62	15.8	1.27	4.18	76
19-22..........	995	3,620	1.02	1.37	15.7	1.19	3.63	65
23-34..........	999	4,770	1.03	1.37	16.1	1.17	4.12	69
35-50..........	951	5,234	1.04	1.35	16.7	1.19	4.79	73
51-64..........	970	5,919	1.04	1.39	16.8	1.25	4.93	88
65-74..........	975	6,411	1.14	1.56	17.0	1.35	5.70	101
75 AND OVER.....	934	4,827	1.09	1.44	15.5	1.29	3.44	87
ALL INDIVIDUALS...	1,163	5,252	1.27	1.74	18.4	1.40	5.09	80

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2C-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/55	809	28.9	32.0	94.3	722	15.8	121
1-2.............	2/127	1,122	45.7	49.1	126.9	721	7.7	151
3-5.............	243	1,239	49.5	53.2	142.7	637	8.4	156
6-8.............	197	1,313	52.7	55.9	152.1	612	9.1	166
MALES:								
9-11............	94	1,473	58.5	64.2	168.2	717	10.2	185
12-14...........	140	1,687	65.8	74.2	191.8	730	11.3	201
15-18...........	133	1,938	80.1	87.8	208.0	816	13.2	236
19-22...........	121	1,964	80.4	90.2	205.3	738	13.3	233
23-34...........	309	1,901	78.0	88.1	194.0	692	13.1	242
35-50...........	203	1,908	80.2	87.9	193.0	593	13.2	241
51-64...........	218	2,040	85.7	97.0	203.7	746	15.2	291
65-74...........	242	1,814	70.9	81.4	204.7	711	13.5	286
75 AND OVER.....	84	1,885	72.4	86.7	205.9	724	15.5	281
FEMALES:								
9-11............	118	1,375	55.3	58.8	158.6	651	9.5	177
12-14...........	130	1,397	56.9	59.7	160.2	590	9.7	171
15-18...........	140	1,402	55.6	62.5	156.4	570	9.5	167
19-22...........	183	1,409	56.6	65.2	150.8	579	9.4	167
23-34...........	462	1,256	54.3	56.3	133.0	515	8.8	174
35-50...........	340	1,390	59.4	63.9	144.0	485	10.1	191
51-64...........	380	1,403	58.9	65.0	146.8	503	10.6	214
65-74...........	226	1,325	53.5	59.0	148.0	515	9.9	211
75 AND OVER.....	104	1,320	50.7	55.0	159.6	546	9.7	219
ALL INDIVIDUALS...	2/4,249	1,519	62.2	68.5	164.0	614	10.9	206

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TABLE 2D-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/117	771	27.4	30.0	91.5	763	19.6	123
1-2.............	2/283	1,235	49.0	52.0	146.0	772	8.1	165
3-5.............	406	1,494	56.7	63.3	178.2	771	9.6	188
6-8.............	468	1,738	67.5	75.6	201.7	914	11.4	225
MALES:								
9-11............	200	2,018	77.5	91.0	228.1	931	13.0	247
12-14...........	222	2,339	91.5	105.0	262.2	1,098	15.2	285
15-18...........	240	2,658	106.1	121.4	291.1	1,236	17.2	319
19-22...........	166	2,402	96.3	111.7	244.4	842	15.4	281
23-34...........	695	2,500	101.3	116.6	251.6	888	16.0	311
35-50...........	508	2,324	94.8	110.4	229.1	769	16.2	315
51-64...........	412	2,165	90.6	103.6	212.4	743	15.3	311
65-74...........	152	1,852	74.5	81.5	199.9	681	14.3	281
75 AND OVER.....	47	2,191	82.2	100.0	242.7	864	15.4	317
FEMALES:								
9-11............	225	1,799	69.2	78.4	208.9	893	11.8	224
12-14...........	244	1,859	71.6	83.2	210.6	859	11.8	224
15-18...........	260	1,723	68.6	78.2	189.1	750	10.9	208
19-22...........	209	1,624	66.2	74.5	173.3	608	10.6	199
23-34...........	1,009	1,606	65.3	74.1	167.4	608	10.8	219
35-50...........	673	1,555	65.6	73.5	156.2	542	11.2	224
51-64...........	521	1,536	64.4	72.3	155.4	558	11.3	245
65-74...........	1[illegible]7	1,503	64.1	66.8	162.6	603	11.6	235
75 AND OVER.....	[illegible]2	1,487	61.8	63.2	168.2	607	10.3	223
ALL INDIVIDUALS...	2/7,286	1,849	74.5	84.6	196.2	757	12.7	246

Continued--

TABLE 2D-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/117	10	0.4	0.4	1.2	6	0.1	1
1-2..............	2/283	127	4.8	5.7	14.5	64	.7	14
3-5..............	406	164	6.2	7.2	19.2	81	.9	19
6-8..............	468	327	13.2	14.3	37.5	193	1.8	41
MALES:								
9-11.............	200	431	16.6	19.1	49.4	221	2.3	51
12-14............	222	441	17.7	19.7	49.5	237	2.4	52
15-18............	240	525	19.4	23.7	59.5	245	2.8	55
19-22............	165	663	25.3	30.4	70.1	212	3.9	68
23-34............	695	550	21.4	24.7	56.8	178	3.3	62
35-50............	508	379	14.6	17.6	38.4	113	2.3	47
51-64............	412	261	10.6	12.7	24.9	80	1.7	33
65-74............	152	194	8.3	10.5	15.8	52	1.3	26
75 AND OVER......	47	127	4.6	6.5	11.8	29	.7	13
FEMALES:								
9-11.............	225	402	15.5	17.3	47.2	219	2.3	50
12-14............	244	402	15.4	17.7	46.6	199	2.2	46
15-18............	260	402	15.3	17.7	46.0	177	2.3	48
19-22............	209	363	14.4	16.5	38.6	107	2.2	38
23-34............	1,009	286	10.9	13.1	29.3	84	1.7	35
35-50............	673	232	9.3	11.0	22.7	66	1.4	29
51-64............	521	173	7.1	8.5	16.3	49	1.1	23
65-74............	167	160	6.7	7.4	15.7	47	1.1	19
75 AND OVER......	62	113	5.3	5.2	11.1	32	.7	13
ALL INDIVIDUALS...	2/7,286	320	12.5	14.6	33.9	122	1.9	38

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TABLE 2D-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	7	69	0.01	0.01	0.1	0.01	0.07	1
1-2.............	83	237	.08	.13	1.0	.08	.28	5
3-5.............	105	279	.10	.16	1.3	.10	.39	5
6-8.............	231	738	.20	.35	2.6	.21	.86	11
MALES:								
9-11............	279	761	.26	.42	3.4	.27	.93	14
12-14...........	296	774	.27	.43	3.5	.27	.96	11
15-18...........	328	849	.30	.49	4.0	.28	1.17	12
19-22...........	381	1,463	.37	.54	5.9	.44	2.15	19
23-34...........	316	806	.29	.40	5.2	.34	1.09	12
35-50...........	212	685	.21	.27	3.7	.24	.71	8
51-64...........	151	635	.14	.19	2.6	.17	.73	6
65-74...........	113	422	.10	.13	2.1	.15	.46	6
75 AND OVER.....	62	214	.07	.08	1.2	.08	.36	3
FEMALES:								
9-11............	271	917	.25	.41	3.1	.27	.88	13
12-14...........	258	671	.23	.38	3.2	.24	.95	12
15-18...........	253	677	.24	.35	3.3	.25	.80	12
19-22...........	199	543	.17	.25	3.5	.24	.65	10
23-34...........	159	666	.15	.20	2.8	.18	.65	9
35-50...........	130	484	.12	.16	2.2	.14	.55	7
51-64...........	99	390	.09	.13	1.8	.11	.41	5
65-74...........	93	626	.08	.15	1.7	.12	1.09	6
75 AND OVER.....	63	332	.06	.08	1.3	.09	.18	4
ALL INDIVIDUALS...	192	622	.18	.26	2.9	.20	.74	9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2D-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	625	3,903	0.94	1.54	9.8	0.59	2.23	75
1-2.............	834	2,889	.82	1.36	9.3	.84	2.94	61
3-5.............	887	3,443	1.01	1.47	12.4	1.02	3.44	67
6-8.............	939	3,813	1.11	1.60	14.0	1.17	3.81	68
MALES:								
9-11............	996	4,221	1.19	1.65	15.2	1.21	4.59	67
12-14...........	1,202	5,000	1.44	2.01	18.4	1.50	5.36	74
15-18...........	1,383	7,027	1.58	2.32	20.5	1.63	7.78	85
19-22...........	1,052	3,771	1.19	1.55	17.6	1.34	3.94	70
23-34...........	1,199	4,771	1.28	1.65	19.3	1.44	4.94	72
35-50...........	1,171	5,617	1.31	1.67	20.5	1.49	5.55	72
51-64...........	1,173	5,991	1.34	1.70	20.3	1.53	5.65	80
65-74...........	1,047	6,594	1.24	1.66	18.4	1.45	5.92	92
75 AND OVER.....	1,249	8,386	1.50	1.97	19.7	1.73	5.12	125
FEMALES:								
9-11............	903	4,205	1.10	1.57	14.3	1.15	4.38	71
12-14...........	913	4,031	1.07	1.48	13.8	1.12	3.61	67
15-18...........	827	3,624	.95	1.28	12.4	1.02	3.38	64
19-22...........	795	3,077	.85	1.11	12.2	.95	2.98	55
23-34...........	839	4,104	.88	1.17	13.3	.99	3.47	60
35-50...........	821	4,750	.92	1.19	14.5	1.04	4.24	66
51-64...........	871	5,530	.95	1.27	15.0	1.13	4.52	82
65-74...........	881	5,785	1.06	1.41	15.3	1.23	4.60	94
75 AND OVER.....	872	4,495	1.04	1.36	14.2	1.20	3.26	83
ALL INDIVIDUALS...	971	4,630	1.09	1.48	15.5	1.20	4.35	71

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2E-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS- PHORUS	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	653	4,592	0.87	1.50	9.0	0.64	2.60	89
1-2.............	900	3,494	.91	1.47	10.5	.95	3.44	77
3-5.............	992	3,696	1.08	1.62	13.2	1.12	3.70	78
6-8.............	1,208	4,693	1.31	1.96	16.4	1.36	4.52	89
MALES:								
9-11............	1,357	5,430	1.52	2.22	19.4	1.63	5.37	95
12-14...........	1,504	5,603	1.63	2.42	20.8	1.76	5.67	94
15-18...........	1,701	5,761	1.84	2.65	24.0	1.91	6.46	103
19-22...........	1,552	5,905	1.63	2.30	23.4	1.86	7.40	95
23-34...........	1,462	5,600	1.51	1.98	23.7	1.77	5.92	92
35-50...........	1,356	6,059	1.43	1.86	23.2	1.71	5.68	85
51-64...........	1,360	6,965	1.46	1.93	23.4	1.78	6.69	101
65-74...........	1,324	7,285	1.51	1.94	23.4	1.83	5.65	120
75 AND OVER......	1,217	10,427	1.28	1.98	19.6	1.62	9.82	88
FEMALES:								
9-11............	1,227	4,726	1.33	1.95	16.7	1.41	4.34	90
12-14...........	1,191	4,479	1.31	1.88	16.7	1.38	4.64	85
15-18...........	1,101	4,039	1.15	1.62	15.6	1.22	4.01	75
19-22...........	963	3,927	1.03	1.38	14.8	1.17	3.75	74
23-34...........	1,015	4,812	1.02	1.40	15.9	1.21	4.43	79
35-50...........	940	5,139	.99	1.30	16.3	1.18	4.39	77
51-64...........	1,001	6,028	1.05	1.40	17.3	1.32	4.57	99
65-74...........	947	5,611	1.07	1.36	16.7	1.31	3.17	107
75 AND OVER......	938	5,583	1.02	1.32	14.9	1.14	3.02	71
ALL INDIVIDUALS...	1,195	5,278	1.27	1.75	18.6	1.44	4.99	87

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2E-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/115	10	0.5	0.4	1.2	12	0.1	2
1-2............	2/271	121	4.1	4.9	15.5	53	.7	13
3-5............	532	190	6.7	7.6	24.5	88	1.0	21
6-8............	594	363	14.1	15.9	42.1	192	2.0	43
MALES:								
9-11............	328	454	17.6	19.9	52.5	241	2.5	54
12-14...........	437	500	19.5	22.3	56.8	252	2.7	56
15-18...........	555	577	21.8	25.8	65.0	262	3.2	61
19-22...........	313	627	25.2	28.5	65.0	226	3.6	68
23-34...........	953	633	24.1	29.4	61.2	202	3.8	77
35-50...........	1,219	498	20.2	24.0	45.0	146	3.3	66
51-64...........	760	405	16.4	20.3	35.2	123	2.6	54
65-74...........	115	301	12.2	15.2	25.4	81	1.9	37
75 AND OVER.....	35	181	7.8	8.4	17.6	69	1.2	23
FEMALES:								
9-11............	339	392	14.9	16.9	46.4	208	2.1	47
12-14...........	413	420	15.3	18.4	49.7	198	2.3	46
15-18...........	559	467	17.3	20.7	53.7	185	2.6	49
19-22...........	367	434	15.9	18.6	46.1	140	2.4	46
23-34...........	1,254	342	12.9	15.6	34.4	107	2.0	39
35-50...........	1,507	273	10.9	13.5	25.3	80	1.7	35
51-64...........	777	250	10.1	11.8	23.5	78	1.6	35
65-74...........	117	152	6.9	7.7	13.0	38	1.0	22
75 AND OVER.....	63	113	4.6	5.6	11.1	34	.9	15
ALL INDIVIDUALS...	2/11,624	394	15.3	18.2	40.4	145	2.3	47

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TABLE 2D-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/117	761	27.0	29.6	90.3	758	19.5	121
1-2.............	2/283	1,108	44.2	46.4	131.[illegible]	708	7.4	151
3-5.............	406	1,330	50.5	56.2	159[illegible]	689	8.7	169
6-8.............	468	1,411	54.3	61.3	164.[illegible]	721	9.6	183
MALES:								
9-11............	200	1,587	61.0	71.9	178.6	710	10.7	196
12-14...........	222	1,898	73.9	85.2	212.7	862	12.8	233
15-18...........	240	2,133	86.7	97.7	231.6	991	14.4	264
19-22...........	166	1,739	71.0	81.3	174.3	630	1[illegible].4	213
23-34...........	695	1,950	79.9	92.0	194.8	710	12.7	249
35-50...........	508	1,945	80.3	92.9	190.7	656	13.9	268
51-64...........	412	1,904	80.0	91.0	187.5	663	13.6	278
65-74...........	152	1,657	66.2	70.9	184.1	629	13.0	255
75 AND OVER.....	47	2,064	77.6	93.6	230.8	835	14.7	305
FEMALES:								
9-11............	225	1,397	53.7	61.1	161.7	675	9.5	174
12-14...........	244	1,456	56.2	65.5	164.0	660	9.6	[illegible]
15-18...........	260	1,321	53.3	60.5	143.1	573	8.6	[illegible]
19-22...........	209	1,262	51.7	58.0	134.7	501	8.5	161
23-34...........	1,009	1,320	54.4	61.0	138.1	524	9.1	[illegible]4
35-50...........	673	1,323	56.4	62.5	133.5	476	9.7	195
51-64...........	521	1,363	57.3	63.7	139.1	509	10.2	222
65-74...........	167	1,343	57.4	59.4	146.9	555	10.5	216
75 AND OVER.....	62	1,373	56.6	58.0	157.1	575	9.6	210
ALL INDIVIDUALS...	2/7,286	1,529	62.0	70.0	162.3	635	10.8	208

Continued--

TABLE 2E-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1........	2/115	797	29.8	31.1	94.2	752	17.2	127
1-2............	2/271	1,224	49.0	49.9	148.7	757	8.3	172
3-5............	532	1,476	56.4	61.6	178.5	778	9.3	191
6-8............	594	1,819	69.3	78.1	215.1	950	11.3	233
MALES:								
9-11...........	328	2,123	80.3	92.8	247.5	1,030	13.6	261
12-14..........	437	2,311	89.0	102.2	265.7	1,149	14.6	287
15-18..........	555	2,619	103.6	118.9	287.7	1,240	16.6	320
19-22..........	313	2,412	102.4	114.0	241.8	1,018	15.5	290
23-34..........	953	2,401	97.1	113.0	235.2	845	15.7	307
35-50..........	1,219	2,256	93.0	108.4	213.5	757	15.4	312
51-64..........	760	2,231	92.1	106.7	214.4	769	15.6	322
65-74..........	115	2,147	89.5	97.6	221.4	785	16.0	319
75 AND OVER.....	35	1,927	79.6	99.4	176.6	717	14.7	281
FEMALES:								
9-11...........	339	1,904	71.4	82.5	224.7	940	11.9	239
12-14..........	413	1,875	71.6	82.9	215.8	873	12.0	232
15-18..........	559	1,763	68.4	80.1	195.5	767	10.9	207
19-22..........	367	1,578	63.4	71.2	167.1	596	10.2	195
23-34..........	1,254	1,620	66.4	74.6	166.0	630	10.8	224
35-50..........	1,507	1,523	64.6	71.8	150.9	539	10.9	230
51-64..........	777	1,579	67.4	73.7	158.2	582	11.5	253
65-74..........	117	1,469	64.4	64.7	157.0	596	10.9	238
75 AND OVER.....	63	1,491	61.9	68.2	158.1	589	10.8	218
ALL INDIVIDUALS...	2/11,624	1,898	76.7	87.1	198.6	777	12.8	256

Continued--

TABLE 2E-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS- PHORUS	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	11	42	0.01	0.02	0.1	0.01	0.05	1
1-2.............	71	198	.07	.11	.9	.07	.23	5
3-5.............	115	324	.11	.18	1.5	.11	.36	8
6-8.............	242	777	.21	.36	2.9	.22	.80	12
MALES:								
9-11............	299	973	.27	.44	3.5	.28	1.05	15
12-14...........	324	922	.28	.47	3.8	.30	1.06	14
15-18...........	360	812	.32	.51	4.5	.34	1.16	15
19-22...........	375	1,130	.31	.51	5.8	.41	1.69	18
23-34...........	367	1,122	.33	.48	6.0	.41	1.59	15
35-50...........	288	1,226	.26	.38	5.1	.34	1.53	12
51-64...........	233	1,052	.21	.31	4.0	.27	1.12	11
65-74...........	164	646	.17	.19	2.8	.20	.88	10
75 AND OVER.....	113	509	.08	.19	1.7	.14	.57	6
FEMALES:								
9-11............	260	769	.22	.37	3.0	.23	.87	11
12-14...........	260	654	.24	.38	3.0	.23	.88	13
15-18...........	277	689	.24	.38	3.8	.27	.94	12
19-22...........	247	781	.23	.33	3.7	.28	.93	12
23-34...........	188	673	.17	.24	3.0	.21	.68	10
35-50...........	151	655	.14	.19	2.6	.17	.71	8
51-64...........	142	806	.13	.18	2.5	.16	.70	9
65-74...........	83	415	.08	.10	1.9	.11	.25	7
75 AND OVER.....	70	326	.06	.07	1.1	.08	.27	4
ALL INDIVIDUALS...	233	809	.21	.32	3.5	.25	.96	11

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2E-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/115	787	29.2	30.7	93.0	740	17.2	125
1-2.............	2/271	1,103	45.0	45.0	133.2	705	7.7	159
3-5.............	532	1,285	47.7	54.0	154.0	690	8.2	170
6-8.............	594	1,456	55.2	62.3	173.0	758	9.4	190
MALES:								
9-11............	328	1,669	62.7	73.0	195.0	790	11.1	206
12-14...........	437	1,810	69.5	79.9	209.0	898	11.9	231
15-18...........	555	2,042	81.8	93.1	222.7	978	13.5	259
19-22...........	313	1,785	77.3	85.5	176.8	791	11.9	222
23-34...........	953	1,767	73.0	83.6	174.1	642	12.0	230
35-50...........	1,219	1,758	72.8	84.3	168.4	611	12.1	246
51-64...........	760	1,826	75.7	86.4	179.2	646	13.0	267
65-74...........	115	1,847	77.3	82.5	196.0	704	14.1	282
75 AND OVER.....	35	1,746	71.8	91.0	159.0	648	13.5	258
FEMALES:								
9-11............	339	1,511	56.5	65.5	178.3	731	9.8	192
12-14...........	413	1,455	56.4	64.5	166.2	676	9.7	185
15-18...........	559	1,296	51.1	59.4	141.8	582	8.3	159
19-22...........	367	1,144	47.5	52.7	121.1	456	7.8	149
23-34...........	1,254	1,278	53.6	59.0	131.6	523	8.8	185
35-50...........	1,507	1,250	53.7	58.3	125.5	459	9.2	195
51-64...........	777	1,328	57.3	61.9	134.7	504	9.9	219
65-74...........	117	1,317	57.5	57.0	144.0	559	9.9	216
75 AND OVER.....	63	1,378	57.3	62.6	147.0	554	10.0	203
ALL INDIVIDUALS...	2/11,624	1,503	61.4	69.0	158.2	632	10.4	209

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TABLE 2E-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	641	4,550	0.87	1.48	9.0	0.63	2.55	88
1-2.............	829	3,296	.83	1.36	9.6	.88	3.21	72
3-5.............	877	3,372	.97	1.44	11.8	1.01	3.34	70
6-8.............	967	3,915	1.10	1.60	13.5	1.14	3.73	77
MALES:								
9-11............	1,056	4,458	1.26	1.78	15.9	1.35	4.32	79
12-14...........	1,180	4,681	1.35	1.95	16.9	1.46	4.61	80
15-18...........	1,342	4,948	1.51	2.14	19.5	1.58	5.30	87
19-22...........	1,177	4,774	1.32	1.80	17.6	1.45	5.71	78
23-34...........	1,094	4,478	1.18	1.50	17.7	1.36	4.33	77
35-50...........	1,068	4,833	1.17	1.48	18.1	1.37	4.15	74
51-64...........	1,127	5,913	1.25	1.62	19.4	1.50	5.58	90
65-74...........	1,160	6,639	1.34	1.75	20.6	1.63	4.77	110
75 AND OVER.....	1,134	9,918	1.20	1.79	17.9	1.48	9.25	82
FEMALES:								
9-11............	967	3,957	1.11	1.58	13.7	1.18	3.48	79
12-14...........	932	3,824	1.07	1.50	13.7	1.15	3.76	73
15-18...........	824	3,350	.90	1.25	11.9	.95	3.07	63
19-22...........	716	3,146	.80	1.05	11.1	.89	2.82	61
23-34...........	827	4,140	.85	1.16	12.9	1.00	3.75	69
35-50...........	789	4,484	.85	1.11	13.7	1.01	3.68	69
51-64...........	859	5,222	.93	1.22	14.8	1.16	3.87	90
65-74...........	864	5,196	.99	1.26	14.8	1.20	2.91	100
75 AND OVER.....	868	5,257	.96	1.24	13.9	1.06	2.75	67
ALL INDIVIDUALS...	961	4,469	1.06	1.44	15.1	1.20	4.03	76

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 2F-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/80	810	29.1	33.5	91.7	784	17.1	126
1-2............	2/216	1,185	48.7	50.3	136.9	703	8.2	159
3-5.............	336	1,460	57.4	62.1	171.2	768	9.6	185
6-8.............	397	1,803	69.8	78.1	209.9	924	11.8	233
MALES:								
9-11............	217	2,061	81.2	88.2	240.6	1,010	13.7	261
12-14...........	258	2,278	91.7	100.0	257.8	1,117	15.1	285
15-18...........	354	2,544	101.6	115.5	278.5	1,163	16.2	302
19-22...........	338	2,372	98.6	107.3	247.8	972	15.7	288
23-34...........	593	2,406	97.9	109.9	243.9	869	15.9	311
35-50...........	547	2,304	96.8	110.4	219.3	746	15.9	307
51-64...........	630	2,127	89.1	100.4	211.9	716	15.5	304
65-74...........	287	1,917	80.4	89.2	195.3	684	13.9	277
75 AND OVER.....	136	1,864	76.0	85.8	198.5	706	13.5	268
FEMALES:								
9-11............	220	1,858	71.6	81.2	215.2	925	11.9	237
12-14...........	266	1,849	71.3	81.1	213.0	876	11.4	223
15-18...........	397	1,727	69.9	77.0	191.6	778	11.2	214
19-22...........	402	1,587	66.0	71.2	169.1	648	10.5	207
23-34...........	805	1,620	67.2	75.3	165.9	622	10.9	219
35-50...........	967	1,469	63.0	69.4	145.8	512	10.4	214
51-64...........	878	1,508	63.8	68.9	157.8	549	11.2	235
65-74...........	413	1,419	60.0	62.8	155.8	528	10.8	224
75 AND OVER.....	218	1,414	57.2	61.6	160.8	589	10.4	220
ALL INDIVIDUALS...	2/8,957	1,816	74.6	82.6	192.1	735	12.6	246

Continued--

TABLE 2F-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS- PHORUS	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	675	4,425	0.88	1.56	8.2	0.60	2.63	77
1-2.............	854	3,260	.90	1.42	10.5	.94	3.35	70
3-5.............	992	3,545	1.12	1.63	13.5	1.14	3.67	66
6-8.............	1,199	4,471	1.33	1.94	16.6	1.39	4.37	79
MALES:								
9-11............	1,362	5,658	1.59	2.30	20.0	1.66	5.97	89
12-14...........	1,518	5,752	1.68	2.42	21.5	1.81	5.55	95
15-18...........	1,634	5,956	1.76	2.52	23.5	1.86	6.13	95
19-22...........	1,528	6,196	1.55	2.29	23.6	1.72	7.79	82
23-34...........	1,485	5,889	1.56	2.06	24.1	1.77	6.42	85
35-50...........	1,388	6,109	1.52	1.89	24.1	1.76	5.67	87
51-64...........	1,296	6,949	1.46	1.89	22.9	1.72	6.53	94
65-74...........	1,201	7,427	1.41	1.78	20.0	1.54	5.90	88
75 AND OVER.....	1,175	6,593	1.35	1.71	18.8	1.46	4.87	95
FEMALES:								
9-11............	1,216	4,850	1.34	1.96	16.6	1.42	4.44	85
12-14...........	1,183	4,374	1.27	1.83	16.7	1.35	4.48	78
15-18...........	1,117	4,353	1.23	1.67	16.1	1.31	4.10	76
19-22...........	1,016	4,014	1.09	1.40	15.6	1.18	3.98	78
23-34...........	1,020	4,675	1.06	1.37	15.9	1.19	3.80	76
35-50...........	910	5,206	.99	1.29	15.8	1.14	4.60	74
51-64...........	945	6,412	1.08	1.41	16.4	1.26	5.07	88
65-74...........	897	6,541	1.04	1.36	15.8	1.24	4.11	91
75 AND OVER.....	909	6,449	1.02	1.41	14.5	1.25	4.23	88
ALL INDIVIDUALS...	1,153	5,504	1.26	1.71	18.3	1.41	5.00	83

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 2F-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/80	13	0.6	0.6	1.5	9	0.1	2
1-2.............	2/216	85	3.4	3.8	9.5	36	.5	9
3-5.............	336	168	6.3	7.2	19.9	82	1.0	20
6-8.............	397	385	15.8	17.2	42.9	221	2.1	49
MALES:								
9-11............	217	478	18.7	20.9	55.3	250	2.7	59
12-14...........	258	500	19.6	21.9	57.5	281	2.7	60
15-18...........	354	549	21.0	24.0	62.9	256	3.1	60
19-22...........	338	553	20.5	23.5	61.9	184	3.3	58
23-34...........	593	608	22.9	27.3	61.6	192	3.6	71
35-50...........	547	388	16.0	18.3	35.4	102	2.6	51
51-64...........	630	324	14.1	15.8	29.4	92	2.2	43
65-74...........	287	149	6.2	7.3	13.0	43	1.0	20
75 AND OVER.....	136	106	4.6	5.3	10.1	36	.6	14
FEMALES:								
9-11............	220	368	14.6	16.1	42.4	224	2.1	46
12-14...........	266	395	15.1	17.5	45.8	204	2.1	47
15-18...........	397	361	14.0	16.1	40.8	166	2.0	41
19-22...........	402	298	11.5	13.4	31.6	102	1.8	34
23-34...........	805	291	11.3	13.4	29.4	94	1.8	36
35-50...........	967	190	7.7	9.5	17.8	62	1.2	25
51-64...........	878	163	6.9	7.9	15.5	49	1.1	22
65-74...........	413	138	5.7	7.0	12.6	34	.9	18
75 AND OVER.....	218	92	4.2	4.8	8.1	34	.6	11
ALL INDIVIDUALS...	2/8,957	309	12.2	14.1	32.1	118	1.9	38

Continued--

TABLE 2F-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	11	27	0.01	0.02	0.1	0.01	0.03	1
1-2.............	53	171	.05	.08	.7	.06	.20	3
3-5.............	106	347	.10	.17	1.3	.10	.44	6
6-8.............	273	810	.23	.40	3.1	.26	.88	13
MALES:								
9-11............	320	971	.28	.47	3.8	.30	.99	15
12-14...........	345	986	.29	.50	3.8	.31	1.10	14
15-18...........	349	908	.31	.51	4.4	.33	1.15	15
19-22...........	317	1,042	.30	.44	4.9	.33	1.44	15
23-34...........	348	1,190	.31	.47	5.8	.38	1.81	16
35-50...........	218	790	.21	.27	4.1	.26	1.05	9
51-64...........	188	679	.17	.24	3.5	.23	.91	8
65-74...........	89	412	.09	.12	1.6	.10	.53	4
75 AND OVER.....	64	366	.06	.08	1.1	.08	.20	4
FEMALES:								
9-11............	260	809	.22	.41	2.8	.23	.97	10
12-14...........	264	706	.22	.37	3.1	.24	.83	11
15-18...........	230	629	.20	.31	3.0	.22	.73	10
19-22...........	173	559	.16	.22	2.8	.19	.78	12
23-34...........	165	614	.15	.21	2.7	.18	.59	9
35-50...........	113	779	.10	.16	1.9	.12	.98	7
51-64...........	94	541	.09	.12	1.7	.11	.53	6
65-74...........	74	479	.08	.10	1.5	.10	.42	5
75 AND OVER.....	58	424	.05	.08	.9	.07	.40	4
ALL INDIVIDUALS...	188	693	.17	.26	2.8	.20	.84	9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2F-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/80	797	28.5	33.0	90.2	775	17.0	124
1-2.............	2/216	1,100	45.4	46.5	127.4	667	7.7	150
3-5.............	336	1,293	51.1	54.9	151.3	686	8.7	165
6-8.............	397	1,418	54.0	61.0	166.9	703	9.6	184
MALES:								
9-11............	217	1,583	62.5	67.3	185.3	760	11.0	201
12-14...........	258	1,778	72.2	78.1	200.3	835	12.3	224
15-18...........	354	1,995	80.6	91.5	215.6	906	13.1	242
19-22...........	338	1,820	78.1	83.8	185.9	787	12.4	230
23-34...........	593	1,797	75.0	82.6	182.2	677	12.3	239
35-50...........	547	1,916	80.8	92.1	183.9	643	13.4	257
51-64...........	630	1,803	75.0	84.6	182.5	624	13.3	261
65-74...........	287	1,769	74.2	82.0	182.4	642	13.0	257
75 AND OVER.....	136	1,758	71.4	80.5	188.5	670	12.8	255
FEMALES:								
9-11............	220	1,490	57.0	65.1	172.8	701	9.8	192
12-14...........	266	1,453	56.2	63.7	167.2	673	9.3	175
15-18...........	397	1,365	55.9	60.8	150.9	612	9.2	173
19-22...........	402	1,289	54.5	57.8	137.5	546	8.7	172
23-34...........	805	1,328	55.9	61.9	136.5	528	9.1	183
35-50...........	967	1,278	55.4	59.9	128.0	451	9.2	189
51-64...........	878	1,345	56.9	61.1	142.3	499	10.1	213
65-74...........	413	1,281	54.3	55.8	143.1	494	9.8	207
75 AND OVER.....	218	1,323	53.0	56.8	152.6	555	9.8	208
ALL INDIVIDUALS...	2/8,957	1,507	62.4	68.5	160.0	617	10.7	208

Continued--

TABLE 2F-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	664	4,398	0.87	1.54	8.1	0.59	2.60	77
1-2.............	801	3,090	.85	1.35	9.8	.89	3.15	66
3-5.............	886	3,198	1.02	1.47	12.1	1.03	3.23	59
6-8.............	926	3,661	1.10	1.54	13.5	1.13	3.49	66
MALES:								
9-11............	1,042	4,688	1.31	1.83	16.2	1.36	4.98	75
12-14...........	1,173	4,767	1.40	1.92	17.7	1.51	4.45	81
15-18...........	1,285	5,049	1.45	2.01	19.1	1.52	4.98	80
19-22...........	1,211	5,154	1.25	1.66	18.7	1.39	6.35	67
23-34...........	1,136	4,700	1.25	1.59	18.3	1.38	4.60	69
35-50...........	1,169	5,319	1.31	1.61	20.0	1.51	4.62	78
51-64...........	1,109	6,270	1.28	1.65	19.5	1.49	5.62	86
65-74...........	1,111	7,015	1.32	1.66	18.4	1.44	5.36	84
75 AND OVER.....	1,111	6,227	1.29	1.63	17.7	1.39	4.67	92
FEMALES:								
9-11............	956	4,041	1.13	1.55	13.8	1.19	3.47	75
12-14...........	919	3,668	1.05	1.46	13.6	1.11	3.65	68
15-18...........	887	3,724	1.02	1.36	13.2	1.09	3.37	66
19-22...........	843	3,456	.92	1.18	12.9	.99	3.20	66
23-34...........	855	4,061	.91	1.17	13.2	1.01	3.21	67
35-50...........	797	4,427	.89	1.13	14.0	1.01	3.62	68
51-64...........	850	5,871	.99	1.29	14.7	1.14	4.54	81
65-74...........	823	6,063	.96	1.26	14.3	1.15	3.70	85
75 AND OVER.....	851	6,025	.97	1.33	13.7	1.18	3.83	84
ALL INDIVIDUALS...	965	4,811	1.10	1.45	15.4	1.21	4.16	74

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2G-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/126	798	29.2	33.2	87.4	693	17.2	116
1-2..............	2/306	1,208	50.8	51.4	137.9	742	8.1	163
3-5..............	521	1,475	58.6	62.1	173.4	757	9.8	186
6-8..............	482	1,779	70.8	76.7	205.3	879	11.8	223
MALES:								
9-11.............	264	1,940	76.7	84.3	223.1	902	13.0	232
12-14............	287	2,259	90.2	100.1	254.5	1,005	14.8	269
15-18............	387	2,462	100.6	110.8	267.8	1,107	16.4	290
19-22............	318	2,409	101.6	110.5	243.7	940	16.1	286
23-34............	846	2,338	96.3	106.4	236.8	812	15.5	296
35-50............	657	2,213	93.1	102.9	213.6	724	15.5	299
51-64............	565	2,106	89.4	98.1	206.4	705	15.0	295
65-74............	300	1,910	80.0	84.7	202.9	693	14.2	281
75 AND OVER......	147	1,825	76.5	81.5	195.7	699	13.7	267
FEMALES:								
9-11.............	269	1,669	73.7	80.1	217.7	902	12.4	238
12-14............	305	1,836	72.6	80.0	210.0	794	12.4	217
15-18............	424	1,784	72.7	78.8	198.3	727	11.8	208
19-22............	408	1,640	68.9	73.8	172.3	616	11.1	198
23-34............	1,216	1,630	67.8	74.2	168.8	601	11.1	217
35-50............	1,097	1,535	67.0	71.1	[illegible]	525	11.1	215
51-64............	850	1,527	67.4	69.8	[illegible]	553	11.4	235
65-74............	[illegible]	1,434	61.7	62.7	157.5	571	10.8	227
75 AND OVER......	240	1,401	59.3	60.3	158.2	600	10.7	217
ALL INDIVIDUALS...	2/10,462	1,804	75.1	81.1	190.6	715	12.6	239

Continued--

TABLE 2G-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	603	4,777	0.86	1.44	8.9	0.63	2.41	86
1-2.............	892	3,750	.90	1.48	10.6	.97	3.80	65
3-5.............	990	4,081	1.15	1.66	13.8	1.18	4.16	70
6-8.............	1,172	5,327	1.36	1.94	17.1	1.43	5.04	84
MALES:								
9-11............	1,239	5,535	1.45	2.07	18.5	1.52	5.83	84
12-14...........	1,420	5,926	1.64	2.29	21.9	1.78	5.86	95
15-18...........	1,584	6,898	1.76	2.51	23.2	1.88	7.41	99
19-22...........	1,517	6,012	1.65	2.26	23.9	1.87	7.65	83
23-34...........	1,433	6,196	1.50	1.95	23.4	1.73	6.33	91
35-50...........	1,335	6,451	1.47	1.84	23.2	1.70	6.03	87
51-64...........	1,284	6,979	1.43	1.82	22.2	1.65	6.56	93
65-74...........	1,197	7,678	1.40	1.79	20.5	1.58	6.03	96
75 AND OVER.....	1,163	7,831	1.36	1.75	18.8	1.57	5.89	92
FEMALES:								
9-11............	1,218	5,558	1.39	1.98	17.6	1.51	5.14	91
12-14...........	1,147	4,721	1.37	1.82	17.6	1.44	4.61	86
15-18...........	1,109	4,467	1.27	1.64	16.9	1.33	4.30	79
19-22...........	1,019	3,940	1.13	1.39	16.3	1.24	3.96	69
23-34...........	1,014	4,888	1.07	1.41	16.3	1.24	4.38	78
35-50...........	943	5,390	1.03	1.31	16.4	1.21	4.84	80
51-64...........	972	6,773	1.08	1.43	17.3	1.29	5.25	95
65-74...........	923	7,317	1.02	1.42	15.7	1.24	5.14	97
75 AND OVER.....	928	6,833	1.05	1.46	15.1	1.24	4.73	89
ALL INDIVIDUALS...	1,137	5,737	1.26	1.69	18.3	1.42	5.26	85

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2G-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	5	15	0.01	0.01	0.1	(3)	0.02	(3)
1-2.............	59	196	.05	.09	.7	0.06	.20	3
3-5.............	95	385	.09	.15	1.2	.10	.41	6
6-8.............	233	807	.21	.35	2.8	.23	.86	14
MALES:								
9-11............	273	830	.24	.42	3.2	.27	.97	15
12-14...........	312	833	.28	.45	3.7	.30	1.03	14
15-18...........	298	744	.28	.43	3.9	.28	1.02	14
19-22...........	275	669	.24	.36	4.2	.30	.90	12
23-34...........	352	1,212	.33	.47	5.8	.40	1.65	17
35-50...........	240	1,053	.24	.32	4.1	.28	1.16	10
51-64...........	181	757	.18	.22	3.1	.21	.80	10
65-74...........	112	465	.11	.14	2.0	.14	.49	5
75 AND OVER.....	56	413	.05	.08	.9	.07	.28	4
FEMALES:								
9-11............	261	814	.23	.39	3.0	.25	1.01	13
12-14...........	220	573	.20	.31	2.8	.21	.81	12
15-18...........	210	492	.20	.28	3.0	.22	.70	9
19-22...........	191	598	.16	.24	3.0	.21	.79	9
23-34...........	172	629	.16	.22	2.8	.19	.65	10
35-50...........	121	505	.11	.15	2.0	.13	.78	7
51-64...........	111	648	.10	.14	2.0	.13	.53	7
65-74...........	69	443	.07	.09	1.3	.09	.29	5
75 AND OVER.....	63	311	.06	.08	1.1	.08	.21	4
ALL INDIVIDUALS...	185	664	.17	.25	2.8	.20	.78	9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.
3/ VALUE TOO SMALL TO BE DISPLAYED BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 26-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/126	8	0.3	0.3	1.0	5	0.1	1
1-2.............	2/306	90	3.5	3.9	10.5	44	.5	11
3-5.............	521	152	5.7	6.3	18.5	72	.9	18
6-8.............	482	334	13.8	14.8	37.3	189	1.9	42
MALES:								
9-11............	264	394	16.0	17.3	44.5	221	2.3	49
12-14...........	287	478	18.7	21.2	54.2	240	2.7	54
15-18...........	387	478	18.3	21.2	53.6	216	2.7	52
19-22...........	318	471	17.8	20.4	49.7	156	2.7	49
23-34...........	846	611	23.4	27.3	61.7	191	3.7	73
35-50...........	657	418	16.6	19.3	40.5	122	2.7	53
51-64...........	565	319	13.1	15.2	29.9	92	2.1	40
65-74...........	300	200	8.1	9.1	18.8	58	1.3	25
75 AND OVER.....	147	88	3.9	4.4	8.2	29	.6	12
FEMALES:								
9-11............	269	388	15.1	16.4	46.1	207	2.3	47
12-14...........	305	343	13.3	15.0	39.8	164	1.9	41
15-18...........	424	354	13.5	15.5	40.8	132	2.1	39
19-22...........	408	334	13.2	15.1	34.0	112	2.0	36
23-34...........	1,216	311	11.6	14.0	31.8	96	1.9	37
35-50...........	1,097	212	8.4	10.1	20.6	64	1.3	27
51-64...........	850	189	8.2	9.1	17.4	60	1.3	26
65-74...........	446	126	5.6	6.5	11.2	34	.9	16
75 AND OVER.....	240	99	4.7	4.7	9.4	33	.7	14
ALL INDIVIDUALS...	2/10,462	309	12.2	14.0	32.2	113	1.9	37

Continued--

TABLE 2G-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/126	791	28.9	32.9	86.4	688	17.1	115
1-2.............	2/306	1,118	47.3	47.6	127.3	698	7.5	152
3-5.............	521	1,323	52.9	55.8	154.8	685	8.9	168
6-8.............	482	1,445	57.1	61.9	168.1	690	9.8	182
MALES:								
9-11............	264	1,546	60.7	67.0	178.6	681	10.8	183
12-14...........	287	1,780	71.5	78.9	200.3	765	12.1	215
15-18...........	387	1,984	82.2	89.7	214.2	891	13.7	239
19-22...........	318	1,938	83.8	90.1	194.0	784	13.4	237
23-34...........	846	1,728	72.9	79.1	175.1	622	11.8	223
35-50...........	657	1,795	76.6	83.5	173.2	602	12.8	246
51-64...........	565	1,787	76.3	82.8	176.5	613	12.9	255
65-74...........	300	1,709	71.9	75.6	184.1	635	12.9	256
75 AND OVER.....	147	1,737	72.6	77.1	187.6	670	13.1	256
FEMALES:								
9-11............	269	1,481	58.5	63.7	171.6	694	10.1	191
12-14...........	305	1,492	59.3	65.0	170.2	630	10.4	176
15-18...........	424	1,429	59.2	63.3	157.5	595	9.7	170
19-22...........	408	1,306	55.7	58.7	138.3	504	9.2	163
23-34...........	1,216	1,319	56.2	60.2	137.0	505	9.2	180
35-50...........	1,097	1,323	58.6	61.0	133.0	461	9.8	188
51-64...........	850	1,338	59.2	60.7	138.4	493	10.2	209
65-74...........	446	1,308	56.1	56.2	146.3	536	10.0	211
75 AND OVER.....	240	1,302	54.6	55.6	148.9	568	10.0	203
ALL INDIVIDUALS...	2/10,462	1,494	62.9	67.1	158.5	601	10.7	202

Continued--

TABLE 26-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	597	4,762	0.85	1.43	8.8	0.62	2.40	86
1-2..............	833	3,554	.85	1.39	9.9	.91	3.60	62
3-5..............	895	3,696	1.06	1.51	12.6	1.08	3.75	64
6-8..............	939	4,520	1.15	1.59	14.3	1.20	4.18	70
MALES:								
9-11.............	966	4,705	1.21	1.65	15.3	1.26	4.87	69
12-14............	1,108	5,093	1.37	1.84	18.2	1.48	4.83	81
15-18............	1,286	6,154	1.49	2.08	19.3	1.59	6.38	85
19-22............	1,242	5,343	1.41	1.90	19.7	1.57	6.75	71
23-34............	1,081	4,983	1.17	1.49	17.6	1.34	4.68	74
35-50............	1,094	5,399	1.23	1.51	19.1	1.43	4.87	77
51-64............	1,103	6,222	1.26	1.60	19.1	1.44	5.76	83
65-74............	1,084	7,213	1.29	1.65	18.5	1.44	5.57	91
75 AND OVER......	1,107	7,418	1.31	1.67	17.9	1.49	5.62	88
FEMALES:								
9-11.............	957	4,744	1.15	1.58	14.6	1.26	4.13	78
12-14............	927	4,149	1.18	1.51	14.8	1.23	3.80	74
15-18............	899	3,976	1.08	1.36	13.9	1.11	3.60	70
19-22............	827	3,342	.97	1.15	13.2	1.03	3.17	61
23-34............	842	4,258	.91	1.19	13.6	1.05	3.72	69
35-50............	822	4,885	.92	1.16	14.4	1.08	4.06	73
51-64............	862	6,125	.99	1.29	15.3	1.16	4.72	88
65-74............	853	6,873	.95	1.33	14.4	1.15	4.85	93
75 AND OVER......	865	6,522	.99	1.39	14.0	1.16	4.52	85
ALL INDIVIDUALS....	953	5,074	1.09	1.44	15.5	1.22	4.48	76

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 2H-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL [illegible]LS, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/150	812	30.2	31.6	96.8	836	18.2	136
1-2..............	2/389	1,229	49.0	51.1	147.3	777	8.5	170
3-5..............	639	1,481	56.9	62.8	176.4	775	9.5	193
6-8..............	737	1,776	67.8	76.9	208.4	929	11.4	232
MALES:								
9-11.............	346	2,104	80.1	92.0	244.6	1,021	13.6	267
12-14............	457	2,282	88.3	100.8	261.6	1,142	14.5	287
15-18............	544	2,624	103.8	120.6	285.5	1,241	16.3	321
19-22............	406	2,442	99.5	113.2	251.2	982	15.4	289
23-34............	1,034	2,431	97.8	113.1	242.3	873	15.8	314
35-50............	1,122	2,244	92.1	107.4	214.4	741	15.2	311
51-64............	870	2,1[illegible]	90.8	105.1	209.8	753	15.5	313
65-74............	361	1,888	77.7	87.0	195.2	672	14.2	285
75 AND OVER......	134	2,031	79.5	95.9	214.3	790	14.9	292
FEMALES:								
9-11.............	402	1,853	70.1	80.4	217.8	920	11.9	235
12-14............	451	1,845	70.8	81.7	211.8	893	11.4	228
15-18............	546	1,741	68.6	79.9	190.2	774	10.9	210
19-22............	493	1,581	64.1	72.0	169.6	629	10.5	201
23-34............	1,488	1,604	65.9	73.7	166.3	639	10.8	221
35-50............	1,478	1,500	64.4	71.7	146.2	543	10.8	226
51-64............	1,0[illegible]3	1,545	65.3	72.4	155.9	565	11.3	247
65-74............	408	1,441	61.9	63.5	156.8	569	11.5	233
75 AND OVER......	238	1,499	59.2	66.2	168.3	563	10.7	234
ALL INDIVIDUALS...	2/13,737	1,849	74.8	84.8	194.6	765	12.6	252

Continued--

TABLE 2H-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	714	4,354	0.95	1.65	9.4	0.63	2.82	79
1-2.............	914	3,471	.93	1.51	10.6	.97	3.42	73
3-5.............	998	3,779	1.09	1.63	13.6	1.15	3.89	76
6-8.............	1,184	4,499	1.30	1.94	16.3	1.36	4.48	86
MALES:								
9-11............	1,357	5,457	1.56	2.25	19.9	1.64	5.46	94
12-14...........	1,500	5,704	1.64	2.42	20.6	1.74	5.76	91
15-18...........	1,701	5,776	1.83	2.63	23.8	1.87	6.47	99
19-22...........	1,537	5,598	1.57	2.23	23.1	1.74	6.67	96
23-34...........	1,492	5,278	1.55	2.01	23.8	1.78	5.78	87
35-50...........	1,346	5,802	1.43	1.83	23.3	1.69	5.58	84
51-64...........	1,335	7,209	1.45	1.93	23.2	1.76	7.04	95
65-74...........	1,186	7,007	1.33	1.81	20.4	1.60	5.98	91
75 AND OVER.....	1,263	7,886	1.47	1.91	20.0	1.62	5.62	110
FEMALES:								
9-11............	1,198	4,437	1.35	1.93	16.7	1.39	4.21	91
12-14...........	1,191	4,422	1.25	1.86	16.3	1.32	4.80	81
15-18...........	1,107	4,241	1.15	1.63	15.7	1.25	4.14	76
19-22...........	988	4,087	1.05	1.41	15.2	1.19	3.85	75
23-34...........	1,014	4,830	1.04	1.39	15.8	1.19	4.24	80
35-50...........	937	5,329	.98	1.30	16.1	1.16	4.44	77
51-64...........	972	5,961	1.07	1.39	16.8	1.29	4.61	91
65-74...........	940	6,976	1.11	1.51	16.6	1.32	5.36	99
75 AND OVER.....	922	6,069	1.07	1.35	15.4	1.29	3.64	86
ALL INDIVIDUALS...	1,173	5,325	1.26	1.73	18.3	1.42	4.97	85

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2H-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/150	16	0.7	0.7	1.7	14	0.1	2
1-2.............	2/389	104	3.9	4.5	12.3	50	.6	11
3-5.............	639	167	6.0	7.0	20.6	76	.9	18
6-8.............	737	327	13.1	14.4	37.2	184	1.7	41
MALES:								
9-11............	346	447	17.2	19.6	51.6	230	2.4	52
12-14...........	457	448	17.4	19.8	51.5	243	2.4	52
15-18...........	544	553	20.9	24.8	62.1	255	3.0	58
19-22...........	406	704	27.0	31.9	75.0	258	4.1	76
23-34...........	1,034	561	21.3	25.4	55.7	182	3.3	69
35-50...........	1,122	448	17.9	21.2	41.1	129	2.9	60
51-64...........	870	344	14.4	17.2	30.2	102	2.3	46
65-74...........	361	157	6.6	8.1	12.9	35	1.1	21
75 AND OVER.....	134	121	5.1	5.8	12.0	30	.8	14
FEMALES:								
9-11............	402	375	14.4	16.3	43.9	219	2.0	47
12-14...........	451	412	15.1	18.0	48.7	204	2.2	47
15-18...........	546	434	16.3	19.5	48.9	182	2.4	47
19-22...........	493	352	13.5	15.8	36.9	122	2.1	37
23-34...........	1,488	301	11.8	14.1	30.1	97	1.8	36
35-50...........	1,478	252	10.2	12.7	22.4	76	1.6	32
51-64...........	1,043	190	7.7	9.0	18.0	56	1.3	26
65-74...........	408	143	6.1	7.1	13.0	38	1.0	19
75 AND OVER.....	238	97	3.9	4.7	9.7	30	.6	11
ALL INDIVIDUALS...	2/13,737	338	13.2	15.6	34.7	128	2.0	41

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TABLE 2H-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/150	797	29.5	31.0	95.0	822	18.1	134
1-2.............	2/389	1,125	45.1	46.6	135.0	727	7.9	159
3-5.............	639	1,313	50.9	55.8	155.8	699	8.6	175
6-8.............	737	1,449	54.7	62.5	171.1	744	9.6	192
MALES:								
9-11............	346	1,657	62.8	72.4	193.0	791	11.2	214
12-14...........	457	1,834	71.0	81.0	210.1	899	12.1	234
15-18...........	544	2,071	82.9	95.7	223.4	986	13.3	263
19-22...........	406	1,739	72.5	81.3	176.2	724	11.4	213
23-34...........	1,034	1,871	76.5	87.7	186.6	691	12.5	246
35-50...........	1,122	1,797	74.2	86.2	173.3	613	12.4	251
51-64...........	870	1,840	76.4	87.9	179.6	652	13.2	267
65-74...........	361	1,731	71.2	78.8	182.3	637	13.1	263
75 AND OVER.....	134	1,911	74.4	90.1	202.3	760	14.1	279
FEMALES:								
9-11............	402	1,478	55.7	64.1	173.9	701	9.9	188
12-14...........	451	1,433	55.7	63.7	163.0	689	9.3	181
15-18...........	546	1,306	52.3	60.4	141.3	592	8.4	164
19-22...........	493	1,230	50.6	56.2	132.7	508	8.4	163
23-34...........	1,488	1,302	54.1	59.7	136.2	542	8.9	185
35-50...........	1,478	1,248	54.2	58.9	123.8	467	9.1	193
51-64...........	1,043	1,355	57.6	63.4	137.9	509	10.1	221
65-74...........	408	1,298	55.8	56.5	143.7	531	10.5	214
75 AND OVER.....	238	1,403	55.3	61.6	158.7	533	10.2	223
ALL INDIVIDUALS...	2/13,737	1,511	61.6	69.2	159.9	637	10.6	212

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TABLE 2H-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	15	55	0.01	0.02	0.1	0.01	0.06	1
1-2.............	66	181	.07	.10	.9	.07	.23	4
3-5.............	100	267	.10	.15	1.3	.10	.33	6
6-8.............	227	685	.19	.34	2.6	.21	.74	11
MALES:								
9-11............	291	8[illegible]	.26	.43	3.5	.27	.98	14
12-14...........	301	8[illegible]	.25	.44	3.3	.27	1.06	12
15-18...........	350	80[illegible]	.31	.51	4.3	.32	1.15	13
19-22...........	421	1,3[illegible]	.38	.58	6.2	.43	1.99	20
23-34...........	326	854	.29	.42	5.2	.35	1.39	13
35-50...........	255	982	.23	.33	4.7	.30	1.37	11
51-64...........	197	767	.18	.25	3.6	.23	.95	8
65-74...........	90	402	.09	.11	1.6	.12	.38	5
75 AND OVER.....	65	366	.06	.08	1.2	.08	.22	4
FEMALES:								
9-11............	258	767	.22	.39	2.8	.23	.83	12
12-14...........	260	641	.23	.38	3.0	.23	.89	12
15-18...........	266	670	.23	.36	3.5	.26	.89	11
19-22...........	206	623	.20	.28	3.1	.22	.80	10
23-34...........	170	632	.16	.22	2.8	.19	.69	9
35-50...........	142	716	.13	.18	2.4	.16	.75	8
51-64...........	107	542	.10	.14	1.9	.13	.55	7
65-74...........	81	549	.08	.11	1.5	.10	.59	6
75 AND OVER.....	56	278	.05	.07	.9	.07	.17	4
ALL INDIVIDUALS...	203	686	.18	.28	3.0	.21	.85	10

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 2H-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	699	4,300	0.94	1.62	9.3	0.62	2.77	78
1-2..............	847	3,290	.87	1.41	9.8	.90	3.19	69
3-5..............	897	3,513	1.00	1.48	12.3	1.05	3.56	73
6-8..............	956	3,813	1.11	1.60	13.7	1.15	3.75	75
MALES:								
9-11.............	1,067	4,571	1.30	1.82	16.5	1.37	4.48	79
12-14............	1,199	4,832	1.40	1.97	17.3	1.47	4.70	78
15-18............	1,350	4,969	1.52	2.13	19.5	1.55	5.32	85
19-22............	1,116	4,246	1.20	1.65	17.0	1.31	4.68	76
23-34............	1,166	4,423	1.26	1.59	18.5	1.43	4.39	74
35-50............	1,091	4,820	1.20	1.50	18.6	1.40	4.21	74
51-64............	1,138	6,442	1.28	1.68	19.6	1.53	6.10	86
65-74............	1,097	6,604	1.25	1.70	18.8	1.49	5.60	86
75 AND OVER......	1,198	7,520	1.41	1.83	18.8	1.54	5.40	106
FEMALES:								
9-11.............	940	3,670	1.13	1.55	14.0	1.16	3.38	80
12-14............	931	3,781	1.02	1.48	13.2	1.09	3.91	70
15-18............	841	3,572	.92	1.27	12.2	.99	3.25	65
19-22............	782	3,465	.85	1.13	12.1	.96	3.04	64
23-34............	844	4,198	.88	1.17	13.0	1.00	3.55	70
35-50............	795	4,613	.85	1.12	13.7	.99	3.69	69
51-64............	865	5,418	.96	1.25	14.9	1.16	4.06	84
65-74............	860	6,427	1.03	1.39	15.1	1.21	4.77	94
75 AND OVER......	866	5,791	1.02	1.28	14.5	1.22	3.47	82
ALL INDIVIDUALS...	970	4,640	1.08	1.46	15.3	1.20	4.12	76

Continued--

TABLE 2I-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/145	769	27.4	31.5	87.9	718	17.0	117
1-2.............	2/339	1,187	47.3	50.3	138.8	698	8.0	157
3-5.............	558	1,442	55.1	61.2	171.0	738	9.5	179
6-8.............	622	1,767	68.5	75.5	207.9	918	11.4	225
MALES:								
9-11............	329	2,053	80.3	89.9	235.7	1,010	13.2	256
12-14...........	406	2,283	89.3	100.0	261.5	1,095	15.0	280
15-18...........	462	2,591	103.7	116.6	285.8	1,166	16.8	310
19-22...........	306	2,319	95.5	105.9	243.8	903	15.3	281
23-34...........	837	2,483	100.2	117.6	247.5	883	16.2	312
35-50...........	791	2,352	97.0	113.5	229.0	783	16.3	313
51-64...........	726	2,168	89.5	103.1	217.4	759	15.7	316
65-74...........	388	1,939	79.1	89.2	207.0	755	14.3	288
75 AND OVER.....	184	1,779	70.4	80.9	191.9	680	13.7	261
FEMALES:								
9-11............	340	1,830	70.0	79.6	213.1	898	11.7	228
12-14...........	392	1,844	71.0	81.3	211.5	835	11.7	226
15-18...........	503	1,727	67.3	76.8	195.2	774	10.9	209
19-22...........	416	1,585	63.4	71.5	170.1	632	10.1	201
23-34...........	1,175	1,574	64.2	72.9	163.4	588	10.6	214
35-50...........	1,184	1,513	62.2	70.1	157.1	518	10.8	223
51-64...........	1,044	1,513	62.7	69.8	158.1	548	11.1	234
65-74...........	522	1,418	58.6	63.3	155.8	549	10.4	220
75 AND OVER.....	273	1,358	54.8	59.2	154.8	595	10.3	217
ALL INDIVIDUALS...	2/11,943	1,819	73.2	82.9	194.9	741	12.5	245

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TABLE 2I-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	617	3,794	0.84	1.45	8.3	0.58	2.32	71
1-2..............	846	3,114	.88	1.41	10.3	.91	3.28	64
3-5..............	954	3,429	1.08	1.58	13.2	1.08	3.56	66
6-8..............	1,188	4,101	1.29	1.91	16.1	1.34	4.36	74
MALES:								
9-11.............	1,347	5,167	1.49	2.18	18.9	1.56	5.31	83
12-14............	1,480	5,744	1.63	2.38	20.7	1.72	6.13	87
15-18............	1,660	6,086	1.82	2.57	24.1	1.86	6.58	90
19-22............	1,453	6,193	1.53	2.16	23.3	1.72	7.38	82
23-34............	1,508	5,664	1.57	2.08	24.5	1.76	6.28	79
35-50............	1,398	5,913	1.52	1.94	23.9	1.73	5.59	78
51-64............	1,348	7,024	1.52	1.98	23.2	1.73	6.47	89
65-74............	1,233	7,254	1.40	1.87	20.3	1.55	6.11	90
75 AND OVER......	1,096	5,656	1.28	1.63	18.1	1.40	3.98	76
FEMALES:								
9-11.............	1,195	4,663	1.30	1.90	16.4	1.35	4.63	73
12-14............	1,165	4,383	1.29	1.81	16.7	1.34	4.37	74
15-18............	1,086	4,160	1.18	1.65	15.5	1.23	4.16	70
19-22............	[illegible]	3,687	1.02	1.39	14.9	1.14	3.62	69
23-34............	[illegible]	4,328	1.01	1.34	15.8	1.14	3.96	63
35-50............	917	4,847	1.02	1.31	16.1	1.15	4.57	67
51-64............	942	5,709	1.06	1.38	16.3	1.22	4.73	83
65-74............	899	5,708	1.04	1.35	15.2	1.19	3.54	84
75 AND OVER......	892	6,1[illegible]2	1.05	1.46	14.3	1.12	4.50	78
ALL INDIVIDUALS...	1,145	5,155	1.25	1.71	18.0	1.37	4.87	76

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 21-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/145	6	0.2	0.2	0.7	5	0.1	1
1-2.............	2/339	116	4.3	5.1	13.5	52	.6	13
3-5.............	558	194	7.3	8.4	23.0	99	1.1	23
6-8.............	622	434	17.1	18.8	50.4	249	2.4	54
MALES:								
9-11............	329	500	19.7	21.9	57.5	267	2.9	62
12-14...........	406	529	20.9	23.2	60.6	273	3.0	62
15-18...........	462	600	23.2	26.6	67.8	277	3.4	65
19-22...........	306	567	22.0	24.6	62.1	177	3.4	61
23-34...........	237	565	21.3	25.9	57.6	176	3.3	65
35-50...........	791	408	16.8	19.7	38.3	118	2.7	52
51-64...........	726	273	11.5	13.5	24.6	82	1.8	37
65-74...........	388	164	7.1	8.3	14.9	49	1.1	21
75 AND OVER.....	184	131	5.6	6.3	12.7	38	.9	18
FEMALES:								
9-11............	340	447	17.5	19.8	51.4	244	2.5	55
12-14...........	392	435	16.6	19.5	49.6	218	2.4	51
15-18...........	503	436	16.5	19.2	50.5	201	2.4	49
19-22...........	416	362	13.2	15.7	39.4	111	2.0	41
23-34...........	1,175	270	10.2	12.3	28.0	80	1.6	32
35-50...........	1,184	207	8.2	9.9	20.8	61	1.3	27
51-64...........	1,044	172	7.1	8.2	16.7	43	1.1	23
65-74...........	522	131	5.7	6.3	12.9	38	.9	17
75 AND OVER.....	273	72	3.2	3.5	6.8	25	.5	9
ALL INDIVIDUALS...	2/11,943	323	12.7	14.7	34.3	125	1.9	39

Continued--

TABLE 2I-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	5	45	(3)	0.01	(3)	(3)	0.06	(3)
1-2.............	71	243	0.07	.10	0.9	0.07	.24	5
3-5.............	127	360	.12	.19	1.5	.12	.40	7
6-8.............	303	994	.26	.45	3.4	.28	1.07	14
MALES:								
9-11............	336	1,145	.30	.49	4.0	.31	1.11	16
12-14...........	347	1,007	.31	.50	4.1	.32	1.11	14
15-18...........	380	961	.35	.54	4.8	.36	1.26	15
19-22...........	321	1,163	.30	.45	5.5	.38	1.60	16
23-34...........	320	915	.30	.41	5.3	.35	1.07	12
35-50...........	235	858	.22	.31	4.1	.27	.99	9
51-64...........	163	714	.15	.22	2.9	.20	.84	6
65-74...........	96	480	.09	.13	1.9	.12	.57	5
75 AND OVER.....	79	277	.07	.10	1.4	.09	.27	3
FEMALES:								
9-11............	303	1,037	.27	.45	3.6	.29	1.01	13
12-14...........	284	785	.26	.41	3.4	.27	.91	13
15-18...........	272	788	.25	.38	3.4	.26	.88	13
19-22...........	201	541	.18	.25	3.3	.23	.66	12
23-34...........	150	604	.14	.19	2.6	.17	.55	7
35-50...........	117	644	.11	.15	2.1	.13	.74	6
51-64...........	97	494	.09	.12	1.8	.12	.48	6
65-74...........	76	455	.07	.10	1.4	.10	.40	5
75 AND OVER.....	45	388	.04	.07	.8	.06	.38	3
ALL INDIVIDUALS...	196	695	.18	.27	2.9	.21	.77	9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.
3/ VALUE TOO SMALL TO BE DISPLAYED BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2I-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY.1/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	612	3,749	0.84	1.44	8.2	0.57	2.27	71
1-2.............	776	2,871	.81	1.30	9.4	.84	3.05	59
3-5.............	827	3,069	.96	1.39	11.6	.96	3.16	59
6-8.............	885	3,107	1.03	1.46	12.7	1.06	3.30	60
MALES:								
9-11............	1,011	4,023	1.19	1.69	15.0	1.25	4.20	67
12-14...........	1,133	4,738	1.32	1.88	16.6	1.40	5.02	72
15-18...........	1,281	5,125	1.47	2.02	19.3	1.51	5.32	74
19-22...........	1,131	5,030	1.24	1.72	17.8	1.33	5.77	65
23-34...........	1,183	4,749	1.27	1.67	19.1	1.40	5.22	67
35-50...........	1,164	5,055	1.30	1.63	19.7	1.46	4.60	69
51-64...........	1,185	6,310	1.37	1.76	20.3	1.53	5.63	83
65-74...........	1,137	6,775	1.30	1.74	18.5	1.43	5.54	86
75 AND OVER.....	1,017	5,380	1.21	1.54	16.7	1.31	3.72	73
FEMALES:								
9-11............	892	3,626	1.02	1.45	12.8	1.05	3.62	59
12-14...........	881	3,598	1.03	1.40	13.4	1.07	3.47	61
15-18...........	813	3,372	.93	1.27	12.1	.97	3.28	57
19-22...........	787	3,146	.84	1.13	11.6	.92	2.96	57
23-34...........	824	3,724	.87	1.15	13.2	.97	3.41	55
35-50...........	800	4,203	.91	1.16	14.0	1.01	3.83	61
51-64...........	845	5,216	.96	1.26	14.6	1.11	4.25	77
65-74...........	823	5,253	.97	1.24	13.7	1.09	3.14	79
75 AND OVER.....	848	5,803	1.01	1.39	13.5	1.06	4.12	75
ALL INDIVIDUALS...	950	4,460	1.07	1.44	15.1	1.16	4.10	67

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 21-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY, 1/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/145	763	27.1	31.3	87.2	713	16.9	116
1-2.............	2/339	1,071	43.0	45.2	125.2	647	7.4	144
3-5.............	558	1,248	47.9	52.8	148.0	639	8.4	157
6-8.............	622	1,333	51.3	56.8	157.5	669	9.0	171
MALES:								
9-11............	329	1,553	60.6	68.0	178.3	743	10.4	193
12-14...........	406	1,754	68.4	76.8	200.9	822	12.0	218
15-18...........	462	1,991	80.5	90.0	217.9	889	13.5	245
19-22...........	306	1,752	73.5	81.2	181.8	725	11.9	221
23-34...........	837	1,917	78.9	91.6	189.9	707	12.9	247
35-50...........	791	1,945	80.2	93.8	190.8	665	13.6	260
51-64...........	726	1,895	78.0	89.6	192.8	677	13.9	279
65-74...........	388	1,775	72.0	80.9	192.2	705	13.2	267
75 AND OVER.....	184	1,648	64.8	74.6	179.2	642	12.8	243
FEMALES:								
9-11............	340	1,383	52.5	59.8	161.7	654	9.1	173
12-14...........	392	1,408	54.4	61.8	161.9	618	9.3	175
15-18...........	503	1,290	50.8	57.6	144.7	573	8.5	160
19-22...........	416	1,223	50.3	55.8	130.8	520	8.1	159
23-34...........	1,175	1,304	54.0	60.6	135.4	507	9.0	182
35-50...........	1,184	1,306	53.9	60.2	136.3	457	9.5	196
51-64...........	1,044	1,341	55.6	61.6	141.4	499	10.0	212
65-74...........	522	1,286	52.9	57.0	143.0	511	9.6	203
75 AND OVER.....	273	1,287	51.6	55.7	148.0	570	9.8	208
ALL INDIVIDUALS...	2/11,943	1,496	60.6	68.2	160.6	616	10.6	206

Continued--

TABLE 2J-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/322	777	28.2	30.6	92.0	755	17.0	124
1-2..............	2/814	1,231	49.2	51.7	145.7	759	8.3	168
3-5..............	1,327	1,470	56.2	62.3	175.3	780	9.5	190
6-8..............	1,482	1,781	68.2	76.8	209.4	936	11.4	231
MALES:								
9-11.............	750	2,083	79.8	91.2	241.8	1,026	13.4	261
12-14............	923	2,301	89.3	101.5	263.3	1,134	14.8	286
15-18............	1,115	2,652	105.0	121.0	290.1	1,257	16.8	323
19-22............	850	2,450	100.5	113.3	251.5	991	15.5	295
23-34............	2,393	2,433	97.9	113.7	242.6	878	15.8	314
35-50............	2,228	2,288	94.0	109.7	219.6	767	15.7	315
51-64............	1,923	2,179	90.2	103.8	213.5	757	15.5	317
65-74............	932	1,935	78.8	88.3	205.4	723	14.4	292
75 AND OVER......	399	1,891	74.9	86.7	202.9	724	14.3	278
FEMALES:								
9-11.............	795	1,863	70.6	81.4	217.4	934	11.7	236
12-14............	905	1,858	70.6	82.3	213.9	875	11.6	227
15-18............	1,164	1,735	67.9	78.4	192.9	779	10.8	210
19-22............	1,045	1,583	64.4	72.5	166.5	648	10.3	204
23-34............	3,298	1,599	65.5	74.0	164.8	631	10.7	222
35-50............	3,114	1,507	63.5	71.1	150.3	539	10.8	226
51-64............	2,542	1,528	64.3	71.1	156.4	566	11.2	244
65-74............	1,207	1,429	60.0	63.2	157.1	570	10.8	230
75 AND OVER......	688	1,423	57.4	62.1	161.4	588	10.6	224
ALL INDIVIDUALS...	2/30,215	1,841	74.3	84.3	194.6	760	12.6	252

Continued--

TABLE 2J-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

SEX AND AGE (YEARS)	PHOS- PHORUS	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	646	4,179	0.87	1.50	8.6	0.59	2.52	79
1-2.............	904	3,382	.91	1.48	10.5	.95	3.44	69
3-5.............	992	3,629	1.09	1.64	13.4	1.13	3.78	71
6-8.............	1,193	4,410	1.30	1.95	16.3	1.36	4.50	81
MALES:								
9-11............	1,352	5,286	1.52	2.24	19.3	1.60	5.49	87
12-14...........	1,502	5,650	1.64	2.43	20.9	1.75	5.95	89
15-18...........	1,723	5,943	1.84	2.67	24.1	1.92	6.74	98
19-22...........	1,549	5,420	1.58	2.25	23.6	1.80	6.64	88
23-34...........	1,493	5,536	1.52	2.03	23.9	1.76	5.96	85
35-50...........	1,374	5,866	1.46	1.89	23.5	1.72	5.71	84
51-64...........	1,341	7,026	1.48	1.94	23.2	1.74	6.63	94
65-74...........	1,220	7,276	1.39	1.86	20.7	1.60	6.00	93
75 AND OVER.....	1,170	7,071	1.35	1.77	19.1	1.54	5.23	92
FEMALES:								
9-11............	1,214	4,602	1.32	1.94	16.6	1.38	4.46	84
12-14...........	1,183	4,375	1.28	1.86	16.5	1.34	4.67	78
15-18...........	1,099	4,083	1.15	1.64	15.6	1.24	4.12	73
19-22...........	1,004	3,897	1.03	1.41	15.1	1.18	3.85	71
23-34...........	1,010	4,598	1.01	1.38	15.8	1.18	4.14	72
35-50...........	934	5,172	.98	1.32	16.1	1.16	4.64	74
51-64...........	965	5,962	1.05	1.40	16.7	1.27	4.78	89
65-74...........	921	6,330	1.06	1.41	15.8	1.25	4.25	94
75 AND OVER.....	916	6,378	1.05	1.43	14.9	1.22	4.33	85
ALL INDIVIDUALS...	1,168	5,301	1.25	1.73	18.2	1.41	4.98	82

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 2J-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/322	9	0.4	0.4	1.0	7	0.1	1
1-2.............	2/814	117	4.4	5.1	13.8	55	.7	13
3-5.............	1,327	176	6.4	7.4	21.5	83	1.0	20
6-8.............	1,482	361	14.2	15.8	41.7	203	2.0	45
MALES:								
9-11............	750	468	18.2	20.5	54.1	245	2.6	56
12-14...........	923	486	18.9	21.4	55.9	254	2.7	56
15-18...........	1,115	579	21.9	25.8	65.4	266	3.2	62
19-22...........	850	646	24.6	28.7	69.1	220	3.7	70
23-34...........	2,393	600	22.8	27.3	60.0	191	3.5	72
35-50...........	2,228	445	18.0	21.3	41.2	130	2.9	59
51-64...........	1,923	324	13.5	16.0	29.0	96	2.1	44
65-74...........	932	183	7.7	9.0	16.2	50	1.2	24
75 AND OVER.....	399	128	5.5	6.2	12.4	36	.8	16
FEMALES:								
9-11............	795	403	15.5	17.5	47.3	224	2.2	49
12-14...........	905	410	15.1	18.0	48.1	199	2.2	46
15-18...........	1,164	426	16.0	19.0	48.7	181	2.4	46
19-22...........	1,045	372	14.0	16.6	38.8	124	2.1	41
23-34...........	3,298	313	11.9	14.4	31.6	99	1.9	38
35-50...........	3,114	241	9.7	11.9	22.5	72	1.5	31
51-64...........	2,542	197	8.2	9.5	18.5	59	1.3	27
65-74...........	1,207	146	6.3	7.2	13.5	40	1.0	19
75 AND OVER.....	688	93	4.1	4.5	8.9	30	.6	12
ALL INDIVIDUALS...	2/30,215	339	13.2	15.6	35.1	126	2.0	41

Continued--

TABLE 2J-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	638	4,135	0.86	1.49	8.6	0.59	2.47	78
1-2.............	830	3,153	.84	1.37	9.6	.88	3.19	64
3-5.............	883	3,328	.98	1.47	12.0	1.02	3.42	64
6-8.............	944	3,646	1.09	1.58	13.5	1.13	3.67	69
MALES:								
9-11............	1,043	4,311	1.25	1.78	15.7	1.31	4.44	72
12-14...........	1,182	4,738	1.36	1.96	17.2	1.45	4.88	76
15-18...........	1,359	5,077	1.52	2.16	19.6	1.58	5.52	83
19-22...........	1,171	4,219	1.25	1.73	17.8	1.39	4.92	70
23-34...........	1,147	4,552	1.21	1.58	18.2	1.39	4.61	71
35-50...........	1,117	4,884	1.22	1.55	18.9	1.42	4.43	73
51-64...........	1,153	6,250	1.31	1.70	19.9	1.52	5.75	86
65-74...........	1,115	6,793	1.29	1.72	18.7	1.47	5.49	88
75 AND OVER.....	1,096	6,673	1.29	1.68	17.8	1.45	4.94	88
FEMALES:								
9-11............	941	3,780	1.08	1.54	13.5	1.13	3.58	72
12-14...........	924	3,708	1.05	1.48	13.5	1.11	3.81	67
15-18...........	839	3,407	.92	1.28	12.1	.98	3.26	62
19-22...........	790	3,267	.83	1.13	11.8	.94	3.04	60
23-34...........	835	3,950	.85	1.16	13.0	.99	3.48	63
35-50...........	797	4,488	.86	1.14	13.7	1.01	3.86	66
51-64...........	852	5,375	.95	1.25	14.7	1.13	4.21	83
65-74...........	839	5,816	.98	1.30	14.2	1.15	3.80	88
75 AND OVER.....	859	6,030	1.00	1.35	14.0	1.15	4.06	81
ALL INDIVIDUALS...	965	4,598	1.06	1.46	15.2	1.19	4.15	73

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 2J-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	8	44	0.01	0.01	0.1	0.01	0.05	(3)
1-2.............	74	229	.07	.11	.9	.08	.25	4
3-5.............	109	301	.11	.17	1.4	.11	.36	6
6-8.............	249	764	.21	.37	2.8	.23	.83	12
MALES:								
9-11............	310	974	.28	.46	3.7	.29	1.05	15
12-14...........	320	912	.28	.47	3.7	.29	1.07	13
15-18...........	364	866	.33	.53	4.5	.34	1.22	15
19-22...........	378	1,201	.33	.51	5.8	.41	1.72	17
23-34...........	346	984	.32	.45	5.7	.38	1.35	14
35-50...........	257	982	.24	.34	4.6	.30	1.28	11
51-64...........	188	776	.17	.24	3.3	.22	.88	8
65-74...........	105	483	.10	.13	1.9	.13	.52	5
75 AND OVER.....	74	397	.07	.10	1.3	.09	.29	4
FEMALES:								
9-11............	273	822	.23	.41	3.1	.25	.88	12
12-14...........	259	667	.23	.38	3.1	.24	.86	12
15-18...........	260	677	.23	.36	3.4	.25	.86	11
19-22...........	214	630	.19	.28	3.3	.24	.81	11
23-34...........	175	648	.16	.22	2.9	.19	.66	9
35-50...........	137	683	.12	.18	2.3	.16	.78	8
51-64...........	113	586	.10	.15	2.0	.14	.57	7
65-74...........	82	514	.08	.11	1.5	.11	.44	6
75 AND OVER.....	57	349	.05	.07	1.0	.07	.27	3
ALL INDIVIDUALS...	203	703	.18	.28	3.1	.22	.83	10

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.
3/ VALUE TOO SMALL TO BE DISPLAYED BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2J-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/322	768	27.8	30.2	91.0	748	16.9	122
1-2..............	2/814	1,114	44.9	46.7	131.9	704	7.6	155
3-5..............	1,327	1,294	49.8	54.9	153.8	698	8.5	170
6-8..............	1,482	1,420	54.0	61.0	167.8	733	9.4	186
MALES:								
9-11.............	750	1,615	61.6	70.7	187.7	780	10.8	204
12-14............	923	1,815	70.5	80.1	207.4	880	12.1	230
15-18............	1,115	2,073	83.1	95.2	224.7	991	13.6	261
19-22............	850	1,804	75.9	84.6	182.4	771	11.8	226
23-34............	2,393	1,833	75.1	86.4	182.6	687	12.2	242
35-50............	2,228	1,843	76.0	88.4	178.3	637	12.8	256
51-64............	1,923	1,855	76.7	87.8	184.6	660	13.4	273
65-74............	932	1,752	71.1	79.2	189.2	672	13.1	268
75 AND OVER......	399	1,763	69.5	80.5	190.5	687	13.4	262
FEMALES:								
9-11.............	795	1,460	55.1	63.9	170.1	710	9.5	187
12-14............	905	1,448	55.5	64.2	165.8	676	9.4	181
15-18............	1,164	1,309	51.9	59.4	144.2	598	8.4	163
19-22............	1,045	1,211	50.4	55.9	127.7	525	8.1	162
23-34............	3,298	1,287	53.6	59.6	133.1	532	8.8	185
35-50............	3,114	1,266	53.8	59.2	127.8	467	9.2	195
51-64............	2,542	1,331	56.2	61.6	137.8	507	9.9	217
65-74............	1,207	1,283	53.7	56.0	143.6	530	9.8	211
75 AND OVER......	688	1,330	53.3	57.6	152.5	558	10.0	213
ALL INDIVIDUALS...	2/30,215	1,502	61.1	68.7	159.5	634	10.5	211

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TABLE 2K-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/68	815	28.7	34.9	86.9	685	18.7	116
1-2.............	2/158	1,123	46.6	47.9	127.7	599	7.7	141
3-5.............	276	1,455	58.4	61.0	169.6	656	9.7	173
6-8.............	255	1,710	69.2	74.1	194.5	781	11.5	206
MALES:								
9-11............	137	1,825	74.9	79.3	205.3	767	12.1	212
12-14...........	173	2,064	84.3	90.9	231.5	831	13.8	235
15-18...........	226	2,144	91.2	95.3	232.1	820	14.8	239
19-22...........	136	1,994	85.3	88.8	209.4	634	14.6	218
23-34...........	229	2,221	95.4	99.6	227.8	636	15.6	243
35-50...........	254	2,050	88.8	93.9	201.6	592	14.3	250
51-64...........	195	1,966	87.1	90.8	193.3	612	14.3	245
65-74...........	99	1,717	79.3	77.7	169.6	568	12.8	219
75 AND OVER.....	62	1,637	71.8	72.8	172.4	631	11.9	222
FEMALES:								
9-11............	154	1,761	70.5	73.9	207.1	784	12.6	219
12-14...........	172	1,758	72.7	76.9	196.1	707	12.0	205
15-18...........	243	1,766	72.8	78.1	194.9	661	11.7	199
19-22...........	192	1,561	65.3	68.0	172.3	477	10.8	168
23-34...........	421	1,581	66.5	70.1	168.4	482	11.1	182
35-50...........	493	1,494	66.7	68.6	151.4	461	10.9	190
51-64...........	331	1,463	67.1	66.5	149.4	475	11.0	200
65-74...........	151	1,407	63.4	61.9	149.5	504	10.8	189
75 AND OVER.....	59	1,325	59.3	57.2	143.2	536	10.1	193
ALL INDIVIDUALS...	2/4,485	1,694	72.2	75.2	181.1	612	12.1	204

Continued--

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TABLE 2K-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	602	4,777	0.91	1.47	9.3	0.64	2.29	74
1-2..............	764	3,597	.88	1.30	10.4	.91	3.50	63
3-5..............	923	4,417	1.15	1.55	14.1	1.15	4.16	70
6-8..............	1,091	5,735	1.32	1.83	16.6	1.38	5.34	83
MALES:								
9-11.............	1,133	5,951	1.39	1.89	18.3	1.45	5.77	86
12-14............	1,251	6,402	1.53	2.02	20.6	1.62	5.71	92
15-18............	1,308	7,482	1.61	2.08	21.9	1.63	6.62	89
19-22............	1,171	7,814	1.47	1.88	21.0	1.52	9.24	84
23-34............	1,284	6,771	1.59	1.83	23.1	1.65	7.13	86
35-50............	1,195	7,029	1.44	1.63	22.0	1.54	5.46	77
51-64............	1,187	7,737	1.40	1.73	20.3	1.51	7.17	78
65-74............	1,073	8,110	1.23	1.57	18.3	1.34	6.86	79
75 AND OVER......	1,066	6,350	1.34	1.51	16.3	1.26	[illegible].90	82
FEMALES:								
9-11.............	1,120	5,873	1.39	1.87	17.6	1.47	5.14	84
12-14............	1,085	5,338	1.33	1.68	17.3	1.39	4.41	85
15-18............	1,060	5,261	1.29	1.61	17.3	1.35	4.58	83
19-22............	891	4,109	1.11	1.24	15.8	1.13	3.60	71
23-34............	915	5,611	1.13	1.34	16.1	1.18	4.72	81
35-50............	886	5,438	1.05	1.21	16.0	1.15	4.08	80
51-64............	903	6,903	1.11	1.36	16.5	1.22	5.09	88
65-74............	883	[illegible]	1.01	1.47	15.1	1.13	7.56	84
75 AND OVER......	847	[illegible]	1.04	1.35	14.4	1.07	3.88	74
ALL INDIVIDUALS...	1,029	[illegible]	1.25	1.58	17.4	1.31	5.24	81

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS..

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2K-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1.........	2/68	17	0.7	0.6	2.2	12	0.1	3
1-2............	2/158	64	2.5	2.8	7.2	29	.4	7
3-5............	276	172	6.6	7.3	20.4	90	1.0	21
6-8............	255	395	16.9	17.5	43.5	228	2.4	50
MALES:								
9-11............	137	399	16.6	17.5	44.8	223	2.3	50
12-14...........	173	466	19.7	21.6	54.3	248	2.9	57
15-18...........	226	409	16.6	18.3	45.2	182	2.5	45
19-22...........	136	316	12.9	13.6	35.3	103	2.0	31
23-34...........	229	450	17.1	19.0	49.9	130	2.9	46
35-50...........	254	309	11.7	13.2	33.5	81	1.9	32
51-64...........	195	223	9.7	10.3	22.8	60	1.5	23
65-74...........	99	73	3.3	3.3	7.5	22	.5	8
75 AND OVER.....	62	36	1.7	1.5	3.6	14	.3	5
FEMALES:								
9-11............	154	419	16.7	18.5	47.7	227	2.6	53
12-14...........	172	368	14.9	16.5	41.0	186	2.1	44
15-18...........	243	365	14.2	15.7	42.4	150	2.2	41
19-22...........	192	267	11.0	12.2	28.6	77	1.6	24
23-34...........	421	214	8.4	9.3	23.1	57	1.3	23
35-50...........	493	137	5.6	6.2	14.8	42	.9	16
51-64...........	331	99	4.4	4.5	10.3	30	.7	11
65-74...........	151	45	2.1	2.0	4.7	16	.3	5
75 AND OVER.....	59	40	2.0	1.5	4.9	21	.3	6
ALL INDIVIDUALS...	2/4,485	253	10.2	11.1	28.0	102	1.6	29

Continued--

TABLE 2K-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	13	29	0.01	0.02	0.1	0.01	0.04	1
1-2.............	41	147	.04	.06	.5	.04	.14	4
3-5.............	113	530	.11	.18	1.4	.11	.51	7
6-8.............	290	1,167	.26	.43	3.5	.29	1.17	17
MALES:								
9-11............	274	961	.25	.42	3.4	.28	.91	17
12-14...........	324	858	.29	.47	4.0	.31	1.09	16
15-18...........	257	722	.25	.38	3.6	.26	.86	12
19-22...........	175	578	.19	.25	3.1	.20	.60	14
23-34...........	243	1,199	.25	.35	4.1	.28	1.91	14
35-50...........	166	912	.18	.22	2.9	.18	.66	8
51-64...........	124	543	.12	.15	2.3	.14	.64	5
65-74...........	43	157	.04	.06	.8	.05	.16	3
75 AND OVER.....	29	38	.03	.03	.4	.03	.07	1
FEMALES:								
9-11............	289	1,139	.28	.44	3.4	.28	1.24	16
12-14...........	244	654	.22	.35	3.1	.24	.93	14
15-18...........	222	546	.22	.31	3.1	.23	.72	13
19-22...........	145	423	.13	.18	2.7	.17	.48	7
23-34...........	114	569	.12	.15	2.1	.14	.57	9
35-50...........	77	403	.08	.10	1.3	.08	.33	5
51-64...........	55	392	.06	.07	1.1	.07	.22	4
65-74...........	27	254	.03	.05	.5	.03	.27	1
75 AND OVER.....	28	120	.03	.04	.4	.03	.08	3
ALL INDIVIDUALS...	154	610	.15	.22	2.3	.16	.66	9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2K-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/68	798	28.0	34.3	84.7	673	18.6	114
1-2.............	2/158	1,060	44.0	45.1	120.5	570	7.3	134
3-5.............	276	1,282	51.9	53.7	149.2	566	8.7	152
6-8.............	255	1,315	52.3	56.6	150.9	554	9.1	156
MALES:								
9-11............	137	1,426	58.3	61.8	160.5	544	9.8	162
12-14...........	173	1,578	64.6	69.2	177.2	583	10.9	178
15-18...........	226	1,735	74.6	77.0	186.9	638	12.3	195
19-22...........	136	1,678	72.4	75.2	174.1	531	12.6	186
23-34...........	229	1,771	78.3	80.6	177.9	506	12.7	197
35-50...........	254	1,741	77.0	80.7	168.0	510	12.4	217
51-64...........	195	1,743	77.4	80.6	170.5	552	12.8	222
65-74...........	99	1,644	75.9	74.4	162.1	545	12.3	211
75 AND OVER.....	62	1,601	70.1	71.3	168.9	617	11.6	217
FEMALES:								
9-11............	154	1,343	53.8	55.5	159.4	556	9.9	166
12-14...........	172	1,390	57.7	60.5	155.1	521	9.8	161
15-18...........	243	1,402	58.6	62.4	152.5	511	9.5	158
19-22...........	192	1,295	54.3	55.9	143.7	400	9.2	143
23-34...........	421	1,367	58.1	60.9	145.3	425	9.8	159
35-50...........	493	1,356	61.2	62.4	136.6	419	10.0	174
51-64...........	331	1,364	62.7	62.0	139.1	444	10.3	189
65-74...........	151	1,362	61.3	59.9	144.9	488	10.5	184
75 AND OVER.....	59	1,284	57.3	55.7	138.3	514	9.8	187
ALL INDIVIDUALS...	2/4,485	1,441	61.9	64.1	153.1	509	10.5	175

Continued--

TABLE 2K-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	589	4,748	0.90	1.45	9.1	0.63	2.25	73
1-2..............	723	3,450	.84	1.24	9.9	.86	3.35	59
3-5..............	810	3,886	1.04	1.37	12.7	1.04	3.64	63
6-8..............	810	4,568	1.06	1.40	13.1	1.09	4.17	66
MALES:								
9-11.............	859	4,990	1.14	1.47	14.9	1.18	4.86	70
12-14............	926	5,544	1.24	1.55	16.5	1.30	4.52	76
15-18............	1,051	6,760	1.35	1.70	18.3	1.37	5.77	76
19-22............	995	7,236	1.27	1.63	17.9	1.32	8.64	71
23-34............	1,041	5,571	1.34	1.49	19.0	1.38	5.23	72
35-50............	1,029	6,117	1.26	1.41	19.1	1.36	4.80	70
51-64............	1,063	7,195	1.27	1.58	18.0	1.37	6.52	73
65-74............	1,029	7,952	1.19	1.51	17.6	1.29	6.71	77
75 AND OVER......	1,037	6,312	1.31	1.47	15.9	1.22	3.83	81
FEMALES:								
9-11.............	831	4,734	1.11	1.43	14.2	1.19	3.90	68
12-14............	841	4,684	1.11	1.33	14.2	1.15	3.48	71
15-18............	837	4,715	1.08	1.30	14.2	1.11	3.86	71
19-22............	746	3,686	.98	1.06	13.1	.96	3.12	64
23-34............	801	5,043	1.01	1.19	14.0	1.04	4.15	72
35-50............	809	5,034	.97	1.11	14.7	1.07	3.75	75
51-64............	848	6,511	1.06	1.28	15.4	1.15	4.87	83
65-74............	856	8,509	.98	1.42	14.7	1.09	7.29	83
75 AND OVER......	818	6,142	1.01	1.30	14.0	1.04	3.80	71
ALL INDIVIDUALS...	875	5,457	1.10	1.36	15.1	1.15	4.59	72

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2L-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/30	896	35.9	40.5	86.0	864	20.0	137
1-2.............	2/61	1,135	51.2	48.3	125.5	867	8.6	168
3-5.............	113	1,446	60.3	61.4	165.0	738	10.4	182
6-8.............	100	1,830	77.2	75.8	212.4	897	12.9	238
MALES:								
9-11............	51	1,981	82.1	85.3	223.6	951	15.0	255
12-14...........	54	2,543	101.4	110.8	290.1	1,198	18.1	323
15-18...........	52	2,590	107.5	112.7	287.6	1,063	17.9	315
19-22...........	36	2,675	117.2	118.3	282.9	1,056	21.6	337
23-34...........	94	2,533	109.1	110.5	267.3	881	18.9	307
35-50...........	82	2,465	106.4	111.0	250.4	749	18.4	307
51-64...........	41	2,119	97.0	99.5	203.2	701	16.0	282
65-74...........	16	1,936	86.6	85.5	198.7	768	13.8	260
75 AND OVER.....	4	2,989	129.9	150.0	290.7	1,471	24.2	473
FEMALES:								
9-11............	61	1,907	78.3	78.7	224.7	885	14.1	246
12-14...........	69	1,836	77.6	76.3	212.5	827	13.3	229
15-18...........	62	1,919	81.5	82.0	215.6	813	14.7	245
19-22...........	74	1,929	77.6	81.2	223.1	672	14.4	228
23-34...........	156	1,738	74.8	74.7	191.4	562	13.3	219
35-50...........	143	1,735	76.5	75.7	185.8	559	13.6	234
51-64...........	60	1,886	80.7	80.1	208.1	566	15.0	259
65-74...........	15	1,810	77.5	77.3	202.7	533	14.4	276
75 AND OVER.....	4	1,790	76.0	71.2	212.7	1,117	11.9	312
ALL INDIVIDUALS...	2/1,378	1,925	81.9	83.1	211.6	780	14.7	247

Continued--

TABLE 2L-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	747	4,259	1.00	1.75	10.3	0.71	3.07	85
1-2..............	953	3,739	.97	1.71	10.5	1.04	4.18	71
3-5..............	996	3,563	1.20	1.65	14.0	1.24	4.08	76
6-8..............	1,250	3,903	1.46	1.89	17.9	1.55	4.03	85
MALES:								
9-11.............	1,361	5,188	1.58	2.08	19.0	1.63	5.17	90
12-14............	1,688	5,875	1.93	2.59	23.8	2.09	6.01	103
15-18............	1,689	5,926	1.85	2.38	23.6	1.91	8.01	90
19-22............	1,797	10,282	2.14	2.91	28.8	2.13	12.52	97
23-34............	1,582	6,756	1.90	2.20	26.1	1.96	7.29	95
35-50............	1,467	6,083	1.75	1.93	25.9	1.93	5.39	85
51-64............	1,258	6,825	1.43	1.86	24.5	1.69	9.05	87
65-74............	1,264	2,972	1.41	1.63	18.7	1.43	3.99	103
75 AND OVER......	2,209	8,658	2.56	3.31	34.6	3.15	6.57	123
FEMALES:								
9-11.............	1,267	4,762	1.54	1.98	18.5	1.65	4.83	97
12-14............	1,218	3,764	1.47	1.82	18.5	1.52	4.07	85
15-18............	1,279	3,945	1.53	1.78	18.5	1.54	4.04	73
19-22............	1,170	3,699	1.48	1.61	18.9	1.52	3.71	77
23-34............	1,073	4,271	1.39	1.44	18.6	1.42	4.01	93
35-50............	1,057	4,918	1.35	1.41	19.0	1.38	5.53	75
51-64............	1,138	7,752	1.50	1.55	20.8	1.49	5.85	84
65-74............	1,088	6,779	1.43	1.39	20.7	1.67	3.34	98
75 AND OVER......	1,415	3,187	1.24	2.24	15.7	1.01	4.80	48
ALL INDIVIDUALS...	1,246	5,025	1.50	1.82	19.6	1.56	5.22	86

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2L-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/30	8	0.3	0.2	1.2	8	0.1	1
1-2............	2/61	33	1.2	1.5	3.8	16	.2	4
3-5............	113	114	4.4	5.3	12.7	63	.6	14
6-8............	100	342	15.3	14.8	38.1	222	2.0	49
MALES:								
9-11...........	51	331	14.5	15.4	34.8	216	2.0	46
12-14..........	54	442	17.9	19.5	50.2	249	2.3	57
15-18..........	52	486	20.2	21.6	53.7	247	2.9	58
19-22..........	36	351	14.8	15.0	36.7	149	2.0	36
23-34..........	94	320	13.1	14.6	32.2	[illegible]	1.9	36
35-50..........	82	314	12.7	15.1	28.9	90	2.1	40
51-64..........	41	245	12.0	12.0	20.4	61	2.0	34
65-74..........	16	161	4.8	8.0	15.2	21	.7	20
75 AND OVER.....	4	0	.0	.0	.0	0	.0	0
FEMALES:								
9-11...........	61	371	15.5	16.1	42.3	221	2.2	52
12-14..........	69	349	15.1	15.5	38.3	206	2.1	52
15-18..........	62	342	13.8	15.4	37.9	162	2.2	45
19-22..........	74	252	9.6	9.9	30.4	88	1.6	28
23-34..........	156	145	6.2	6.8	14.5	44	.9	17
35-50..........	143	188	7.5	8.8	19.1	58	1.2	21
51-64..........	60	75	2.7	3.5	7.3	15	.5	10
65-74..........	15	24	1.2	1.0	2.3	5	.2	3
75 AND OVER.....	4	0	.0	.0	.0	0	.0	0
ALL INDIVIDUALS...	2/1,378	245	10.2	11.0	26.0	112	1.5	31

Continued--

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TABLE 2L-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	7	13	0.01	0.01	(3)	0.01	0.02	1
1-2.............	21	49	.02	.04	0.2	.02	.06	1
3-5.............	76	242	.06	.11	.8	.07	.24	4
6-8.............	263	816	.21	.38	3.2	.25	.88	13
MALES:								
9-11............	254	761	.20	.36	2.6	.23	.89	11
12-14...........	305	1,034	.26	.44	3.4	.28	.97	15
15-18...........	336	835	.27	.44	3.8	.32	1.11	10
19-22...........	245	417	.22	.33	3.4	.23	.79	6
23-34...........	195	472	.18	.26	3.1	.22	.66	7
35-50...........	170	599	.19	.23	3.3	.19	.58	5
51-64...........	138	353	.13	.19	3.0	.19	1.70	8
65-74...........	60	306	.07	.08	1.5	.08	.31	2
75 AND OVER.....	0	0	.00	.00	.0	.00	.00	0
FEMALES:								
9-11............	259	827	.23	.37	2.[illegible]	.26	.89	13
12-14...........	257	725	.23	.37	3.0	.26	.88	13
15-18...........	227	812	.21	.30	2.6	.23	.72	9
19-22...........	144	467	.13	.17	2.4	.15	.59	10
23-34...........	88	260	.09	.11	1.4	.11	.29	5
35-50...........	105	302	.12	.13	1.8	.12	1.61	6
51-64...........	35	203	.05	.04	.7	.05	.11	3
65-74...........	12	28	.02	.02	.4	.02	.05	1
75 AND OVER.....	0	0	.00	.00	.0	.00	.00	0
ALL INDIVIDUALS...	160	479	.15	.22	2.2	.17	.71	7

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.
3/ VALUE TOO SMALL TO BE DISPLAYED BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2L-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/30	888	35.6	40.3	84.8	857	19.9	136
1-2.............	2/61	1,102	50.0	46.8	[illegible].6	851	8.4	163
3-5.............	113	1,332	56.0	56.0	[illegible]	676	9.8	168
6-8.............	100	1,488	61.9	61.0	[illegible].3	675	10.9	188
MALES:								
9-11............	51	1,650	67.7	70.0	188.9	735	13.0	208
12-14...........	54	2,101	83.5	91.3	240.0	949	15.8	266
15-18...........	52	2,104	87.3	91.0	233.9	816	15.0	258
19-22...........	36	2,324	102.4	103.4	246.2	907	19.6	301
23-34...........	94	2,213	96.1	95.9	235.2	768	16.9	271
35-50...........	82	2,151	93.8	95.9	221.4	659	16.3	267
51-64...........	41	1,875	85.1	87.5	182.8	640	14.0	248
65-74...........	16	1,775	81.7	77.4	183.4	747	13.0	241
75 AND OVER.....	4	2,989	129.9	150.0	290.7	1,471	24.2	473
FEMALES:								
9-11............	61	1,537	62.8	62.6	182.5	664	11.9	194
12-14...........	69	1,487	62.5	60.7	174.2	622	11.2	178
15-18...........	62	1,576	67.7	66.6	177.7	651	12.5	200
19-22...........	74	1,678	68.0	71.3	192.6	584	12.8	200
23-34...........	156	1,593	68.6	67.9	177.0	518	12.3	202
35-50...........	143	1,546	69.0	67.0	166.7	501	12.4	212
51-64...........	60	1,811	77.9	76.6	200.8	551	14.5	248
65-74...........	15	1,786	76.3	76.3	200.4	528	14.1	273
75 AND OVER.....	4	1,790	76.0	71.2	212.7	1,117	11.9	312
ALL INDIVIDUALS...	2/1,378	1,680	71.8	72.1	185.6	668	13.2	216

Continued--

TABLE 2L-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	740	4,246	0.99	1.74	10.3	0.71	3.05	84
1-2.............	932	3,690	.95	1.67	10.2	1.02	4.11	70
3-5.............	920	3,321	1.14	1.54	13.1	1.17	3.84	72
6-8.............	987	3,087	1.24	1.51	14.7	1.30	3.15	72
MALES:								
9-11............	1,106	4,427	1.38	1.73	16.4	1.40	4.28	79
12-14...........	1,384	4,841	1.68	2.15	20.4	1.81	5.05	88
15-18...........	1,353	5,091	1.58	1.94	19.8	1.59	6.90	80
19-22...........	1,553	9,865	1.92	2.58	25.5	1.90	11.72	91
23-34...........	1,387	6,284	1.72	1.94	22.9	1.75	6.63	88
35-50...........	1,297	5,484	1.56	1.71	22.6	1.74	4.81	80
51-64...........	1,120	6,472	1.29	1.66	21.5	1.50	7.35	80
65-74...........	1,205	2,666	1.34	1.55	17.3	1.35	3.69	100
75 AND OVER.....	2,209	8,658	2.56	3.31	34.6	3.15	6.57	123
FEMALES:								
9-11............	1,008	3,935	1.31	1.61	15.8	1.39	3.93	84
12-14...........	961	3,038	1.24	1.46	15.5	1.26	3.19	72
15-18...........	1,052	3,133	1.32	1.47	15.9	1.31	3.32	64
19-22...........	1,026	3,232	1.35	1.43	16.5	1.36	3.12	67
23-34...........	985	4,011	1.29	1.33	17.2	1.31	3.72	88
35-50...........	952	4,616	1.23	1.28	17.3	1.26	3.91	69
51-64...........	1,103	7,549	1.45	1.50	20.0	1.45	5.74	81
65-74...........	1,075	6,751	1.41	1.37	20.3	1.66	3.29	97
75 AND OVER.....	1,415	3,187	1.24	2.24	15.7	1.01	4.80	48
ALL INDIVIDUALS...	1,086	4,547	1.35	1.60	17.4	1.39	4.51	78

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2M-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ SPRING 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/75	799	29.3	29.8	100.6	770	17.0	131
1-2.............	2/246	1,178	47.7	49.8	137.8	735	8.1	159
3-5.............	404	1,438	55.6	60.7	171.2	720	9.4	181
6-8.............	428	1,720	66.0	72.7	205.0	853	10.9	215
MALES:								
9-11............	196	1,990	75.8	85.9	232.8	895	13.1	240
12-14...........	296	2,273	88.0	100.7	259.0	1,068	14.8	274
15-18...........	365	2,620	104.6	119.3	286.1	1,182	16.9	314
19-22...........	256	2,542	106.1	118.4	256.5	969	16.4	301
23-34...........	708	2,390	97.0	111.3	237.8	815	15.7	303
35-50...........	714	2,243	93.8	106.3	214.8	750	15.6	301
51-64...........	579	2,110	90.6	100.5	202.1	694	15.4	300
65-74...........	270	1,932	80.5	88.9	203.7	728	14.5	286
75 AND OVER.....	114	1,378	76.5	89.4	195.7	714	14.0	281
FEMALES:								
9-11............	222	1,846	69.8	78.9	218.7	856	11.9	229
12-14...........	295	1,862	71.5	81.6	215.0	834	11.5	222
15-18...........	374	1,773	69.6	79.9	196.8	766	11.1	212
19-22...........	300	1,593	66.6	73.9	164.8	638	10.4	198
23-34...........	865	1,580	65.1	71.9	163.2	605	10.7	214
35-50...........	838	1,496	64.0	70.1	149.0	503	10.8	217
51-64...........	715	1,507	65.4	70.5	151.5	538	11.2	233
65-74...........	346	1,453	61.8	65.2	157.4	585	11.1	231
75 AND OVER.....	173	1,372	55.6	60.2	154.4	577	10.5	216
ALL INDIVIDUALS...	2/8,780	1,837	75.2	83.8	193.3	730	12.6	245

Continued--

TABLE 2M-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ SPRING 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	656	3,923	0.87	1.51	9.3	0.66	2.48	81
1-2.............	860	3,464	.87	1.45	10.2	.93	3.47	69
3-5.............	944	3,501	1.06	1.55	13.5	1.11	3.53	71
6-8.............	1,131	4,468	1.25	1.84	16.0	1.31	4.37	83
MALES:								
9-11............	1,240	5,196	1.50	2.12	19.2	1.53	6.14	85
12-14...........	1,440	5,462	1.65	2.36	21.3	1.76	5.66	89
15-18...........	1,675	5,433	1.84	2.63	24.5	1.95	7.24	107
19-22...........	1,594	5,543	1.67	2.25	25.2	1.89	6.32	91
23-34...........	1,443	5,217	1.53	1.95	23.9	1.77	5.77	91
35-50...........	1,357	5,807	1.44	1.87	23.6	1.70	6.00	83
51-64...........	1,292	6,951	1.44	1.89	23.2	1.74	7.20	95
65-74...........	1,240	6,728	1.41	1.84	20.6	1.60	5.92	100
75 AND OVER.....	1,171	7,481	1.38	1.76	19.1	1.57	4.97	103
FEMALES:								
9-11............	1,161	4,341	1.34	1.89	17.5	1.41	4.41	82
12-14...........	1,163	4,253	1.26	1.79	16.8	1.32	4.53	83
15-18...........	1,103	4,279	1.20	1.64	16.4	1.28	3.93	76
19-22...........	1,015	3,898	1.04	1.41	15.4	1.20	4.05	73
23-34...........	986	4,574	1.02	1.38	15.8	1.20	4.27	75
35-50...........	913	4,740	1.00	1.28	16.3	1.19	4.24	76
51-64...........	957	5,945	1.05	1.39	16.9	1.28	5.12	92
65-74...........	946	6,534	1.10	1.46	16.1	1.30	4.56	96
75 AND OVER.....	883	7,237	1.03	1.46	14.6	1.20	5.42	96
ALL INDIVIDUALS...	1,153	5,250	1.26	1.71	18.6	1.43	5.08	85

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 2M-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY, 1/ SPRING 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/75	16	0.8	0.6	1.9	13	0.1	2
1-2..............	2/246	114	4.3	4.9	13.5	50	.7	13
3-5..............	404	187	6.9	7.7	23.0	80	1.1	21
6-8..............	428	366	14.1	15.7	43.2	189	2.0	42
MALES:								
9-11.............	196	423	15.5	18.4	49.9	194	2.3	46
12-14............	296	458	17.5	20.1	53.0	233	2.5	52
15-18............	365	541	20.2	24.2	61.2	240	2.9	55
19-22............	256	548	25.2	29.0	66.7	194	3.7	70
23-34............	708	604	23.0	26.9	60.4	176	3.6	71
35-50............	714	464	18.3	21.7	43.4	134	3.0	59
51-64............	579	305	13.5	14.6	27.8	84	2.1	40
65-74............	270	179	7.4	8.5	17.2	46	1.2	22
75 AND OVER......	114	125	5.7	6.5	10.7	29	.9	15
FEMALES:								
9-11.............	222	369	13.4	15.7	44.8	187	1.9	42
12-14............	295	395	14.1	17.3	46.8	168	2.0	42
15-18............	374	419	15.2	18.4	48.6	159	2.3	45
19-22............	300	384	14.8	17.6	40.4	125	2.2	42
23-34............	865	350	13.3	15.7	35.3	107	2.1	41
35-50............	838	236	9.8	11.5	22.0	66	1.5	30
51-64............	715	183	7.7	9.0	17.0	56	1.2	25
65-74............	346	136	5.5	6.7	13.1	39	.9	17
75 AND OVER......	173	82	4.1	4.2	6.3	24	.5	10
ALL INDIVIDUALS...	2/8,790	342	13.3	15.5	35.6	119	2.0	40

Continued--

TABLE 2M-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ SPRING 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	14	106	0.01	0.03	0.1	0.01	0.14	1
1-2.............	70	252	.07	.10	.9	.07	.23	6
3-5.............	111	371	.12	.17	1.6	.12	.40	7
6-8.............	242	793	.21	.36	2.9	.22	.97	12
MALES:								
9-11............	257	782	.23	.38	3.2	.24	.99	13
12-14...........	297	745	.25	.43	3.5	.27	.96	13
15-18...........	333	716	.30	.48	4.2	.31	1.10	14
19-22...........	372	1,126	.32	.49	6.2	.43	1.51	16
23-34...........	341	922	.32	.44	5.9	.40	1.47	16
35-50...........	264	1,067	.24	.35	4.7	.31	1.33	11
51-64...........	181	769	.17	.23	3.3	.22	.88	8
65-74...........	98	452	.10	.12	1.9	.13	.51	6
75 AND OVER.....	68	419	.07	.08	1.4	.10	.29	4
FEMALES:								
9-11............	235	586	.22	.35	2.8	.22	.74	11
12-14...........	233	553	.21	.33	3.1	.22	.75	11
15-18...........	243	590	.21	.33	3.4	.25	.79	11
19-22...........	221	606	.18	.28	3.5	.25	.84	9
23-34...........	192	820	.18	.25	3.2	.22	.88	12
35-50...........	133	510	.12	.16	2.3	.16	.55	8
51-64...........	108	605	.10	.14	1.9	.13	.51	6
65-74...........	74	432	.08	.10	1.3	.09	.28	5
75 AND OVER.....	48	326	.04	.06	.9	.07	.18	4
ALL INDIVIDUALS...	200	684	.18	.27	3.1	.22	.82	10

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 2M-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ SPRING 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/75	783	28.5	29.2	98.7	757	16.9	128
1-2.............	2/246	1,064	43.4	45.0	124.3	685	7.4	146
3-5.............	404	1,251	48.7	53.0	148.2	640	8.3	161
6-8.............	428	1,354	51.9	57.0	161.8	673	9.0	173
MALES:								
9-11............	196	1,567	60.2	67.6	182.8	701	10.9	194
12-14...........	296	1,815	70.5	80.6	206.0	836	12.3	223
15-18...........	365	2,079	84.4	95.1	224.9	942	14.0	259
19-22...........	256	1,894	81.0	89.4	189.8	776	12.7	231
23-34...........	708	1,786	74.0	84.4	177.4	638	12.1	232
35-50...........	714	1,780	75.5	84.5	171.4	616	12.6	242
51-64...........	579	1,804	77.1	85.8	174.3	610	13.3	260
65-74...........	270	1,752	73.0	80.3	186.5	683	13.3	264
75 AND OVER.....	114	1,753	70.8	81.9	185.0	684	13.1	265
FEMALES:								
9-11............	222	1,476	56.5	63.2	173.9	659	10.0	187
12-14...........	295	1,467	57.4	64.3	168.2	666	9.5	179
15-18...........	374	1,354	54.3	61.5	148.2	607	8.8	167
19-22...........	300	1,209	51.9	56.3	124.3	513	8.1	156
23-34...........	865	1,229	51.8	56.1	127.9	498	8.6	173
35-50...........	838	1,261	54.2	58.6	127.0	437	9.2	187
51-64...........	715	1,323	57.7	61.4	134.5	483	10.0	208
65-74...........	346	1,317	56.2	58.5	144.3	545	10.2	214
75 AND OVER.....	173	1,290	51.6	56.0	148.2	553	10.0	206
ALL INDIVIDUALS...	2/8,780	1,495	61.8	68.2	157.7	610	10.6	205

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TABLE 2M-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ SPRING 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	642	3,817	0.86	1.48	9.2	0.65	2.34	80
1-2.............	790	3,212	.80	1.34	9.3	.85	3.24	63
3-5.............	832	3,130	.95	1.38	11.9	.99	3.13	64
6-8.............	889	3,575	1.04	1.48	13.0	1.09	3.49	71
MALES:								
9-11............	983	4,414	1.27	1.74	15.9	1.29	5.15	71
12-14...........	1,143	4,716	1.40	1.93	17.8	1.49	4.71	76
15-18...........	1,343	5,717	1.54	2.15	20.3	1.64	6.14	93
19-22...........	1,223	4,417	1.35	1.76	19.0	1.46	4.80	75
23-34...........	1,102	4,295	1.21	1.50	18.0	1.37	4.30	76
35-50...........	1,093	4,740	1.20	1.52	18.9	1.40	4.67	72
51-64...........	1,111	6,182	1.27	1.66	19.9	1.52	6.32	87
65-74...........	1,142	6,277	1.31	1.72	18.7	1.47	5.41	94
75 AND OVER.....	1,103	7,062	1.31	1.68	17.7	1.47	4.69	100
FEMALES:								
9-11............	926	3,655	1.12	1.54	14.7	1.19	3.67	71
12-14...........	929	3,700	1.05	1.45	13.7	1.10	3.78	71
15-18...........	860	3,689	.99	1.31	13.0	1.03	3.14	65
19-22...........	793	3,292	.86	1.13	11.9	.95	3.21	64
23-34...........	793	3,754	.84	1.13	12.6	.98	3.40	63
35-50...........	779	4,230	.88	1.12	14.0	1.03	3.69	68
51-64...........	849	5,340	.95	1.25	15.0	1.15	4.62	95
65-74...........	871	6,102	1.02	1.37	14.8	1.20	4.28	91
75 AND OVER.....	835	6,911	.98	1.40	13.7	1.14	5.24	92
ALL INDIVIDUALS...	953	4,566	1.08	1.44	15.4	1.21	4.26	75

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 2N-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,[1] SUMMER 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	[2]/120	802	29.4	33.5	88.5	759	18.4	123
1-2.............	[2]/249	1,199	48.3	51.0	139.5	729	8.2	159
3-5.............	425	1,465	57.2	62.8	171.3	729	9.8	183
6-8.............	454	1,750	67.9	76.2	202.7	857	11.6	224
MALES:								
9-11............	233	2,083	80.6	91.2	240.6	964	13.7	254
12-14...........	274	2,201	85.7	96.0	254.8	992	14.5	270
15-18...........	320	2,583	104.2	116.5	282.7	1,178	16.7	309
19-22...........	261	2,287	93.8	104.3	239.9	909	14.6	269
23-34...........	655	2,321	94.7	105.7	236.6	807	15.2	290
35-50...........	664	2,307	95.5	110.6	222.6	728	16.0	308
51-64...........	520	2,191	89.3	104.3	213.3	781	15.1	313
65-74...........	239	1,861	78.3	83.8	193.4	681	14.3	290
75 AND OVER.....	118	1,877	76.2	89.5	193.0	652	14.1	262
FEMALES:								
9-11............	265	1,816	68.3	78.6	214.1	869	11.8	227
12-14...........	288	1,818	69.6	80.6	208.1	808	12.0	222
15-18...........	382	1,716	67.7	77.1	191.1	721	10.9	200
19-22...........	372	1,569	62.6	69.8	169.9	590	10.4	194
23-34...........	975	1,629	67.6	75.7	166.4	606	11.1	220
35-50...........	936	1,523	63.9	71.4	154.2	524	11.0	224
51-64...........	751	1,550	66.5	72.7	156.3	564	11.3	242
65-74...........	342	1,426	59.1	61.3	161.3	564	10.8	229
75 AND OVER.....	194	1,497	61.4	66.4	167.4	609	11.0	233
ALL INDIVIDUALS...	[2]/9,037	1,813	73.6	82.5	192.2	721	12.6	243

Continued--

TABLE 2N-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY.1/ SUMMER 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	649	4,406	0.91	1.56	9.1	0.61	2.66	78
1-2.............	869	3,359	.90	1.47	10.6	.95	3.44	70
3-5.............	966	3,965	1.10	1.64	14.0	1.16	4.23	72
6-8.............	1,144	4,334	1.34	1.89	16.9	1.38	4.46	79
MALES:								
9-11............	1,324	5,935	1.51	2.19	20.0	1.63	5.88	92
12-14...........	1,382	5,800	1.60	2.27	21.1	1.71	5.98	97
15-18...........	1,654	6,322	1.84	2.63	24.7	1.90	7.16	96
19-22...........	1,438	6,054	1.46	2.12	21.3	1.62	7.25	88
23-34...........	1,410	5,702	1.45	1.93	23.1	1.72	6.07	88
35-50...........	1,352	6,394	1.53	1.89	24.1	1.77	5.76	85
51-64...........	1,338	7,103	1.44	1.94	22.5	1.73	6.16	98
65-74...........	1,188	7,840	1.32	1.85	21.1	1.63	6.54	97
75 AND OVER.....	1,128	5,417	1.31	1.59	18.5	1.47	3.87	89
FEMALES:								
9-11............	1,155	4,866	1.31	1.89	16.7	1.40	4.46	88
12-14...........	1,134	4,949	1.33	1.86	17.3	1.40	4.93	81
15-18...........	1,060	4,185	1.17	1.62	15.9	1.26	4.29	77
19-22...........	959	3,607	1.02	1.32	15.2	1.18	3.29	72
23-34...........	1,018	5,070	1.05	1.43	16.6	1.23	4.61	73
35-50...........	923	5,457	1.01	1.31	16.3	1.19	4.40	81
51-64...........	980	6,113	1.09	1.42	17.2	1.32	4.44	94
65-74...........	902	7,424	1.08	1.44	15.9	1.27	4.46	101
75 AND OVER.....	967	6,637	1.12	1.50	15.9	1.32	4.28	90
ALL INDIVIDUALS...	1,132	5,526	1.25	1.71	18.3	1.41	4.98	85

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 2N-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ SUMMER 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/120	5	0.2	0.2	0.5	2	0.1	1
1-2..............	2/249	112	3.9	5.0	13.2	50	.6	12
3-5..............	425	151	5.4	6.3	18.5	67	.9	17
6-8..............	454	240	9.4	10.3	28.0	119	1.3	29
MALES:								
9-11.............	233	309	11.4	13.0	37.3	146	1.8	35
12-14............	274	373	13.7	16.0	44.6	166	2.1	41
15-18............	320	469	17.8	20.6	53.2	191	2.7	48
19-22............	261	569	21.0	24.6	62.7	206	3.3	60
23-34............	655	580	22.1	25.7	59.5	185	3.4	67
35-50............	664	422	17.2	20.0	39.7	123	2.7	53
51-64............	520	353	13.7	17.8	30.8	106	2.2	44
65-74............	239	184	7.8	8.4	16.5	56	1.2	25
75 AND OVER......	118	89	3.6	4.2	9.3	27	.5	11
FEMALES:								
9-11.............	265	312	11.6	13.5	37.0	151	1.8	36
12-14............	288	270	9.4	11.6	32.8	119	1.5	29
15-18............	382	361	13.5	15.7	42.1	135	2.1	38
19-22............	372	377	13.5	15.9	41.0	116	2.1	41
23-34............	975	293	11.1	13.6	29.7	87	1.8	34
35-50............	936	225	8.8	11.1	21.4	66	1.4	30
51-64............	751	169	7.3	7.7	15.8	49	1.1	22
65-74............	342	113	5.1	5.5	10.4	28	.8	15
75 AND OVER......	194	91	4.0	4.3	9.2	35	.6	12
ALL INDIVIDUALS...	2/9,037	298	11.4	13.5	31.1	103	1.8	35

Continued--

TABLE 2N-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ SUMMER 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	4	17	0.01	0.01	0.1	(3)	0.01	(3)
1-2.............	67	183	.06	.10	.8	0.07	.25	4
3-5.............	90	243	.09	.14	1.2	.09	.30	6
6-8.............	156	446	.14	.23	2.0	.15	.51	9
MALES:								
9-11............	190	608	.19	.29	2.4	.19	.64	11
12-14...........	226	683	.20	.33	2.8	.22	.84	11
15-18...........	280	662	.27	.40	3.8	.27	.98	13
19-22...........	339	1,360	.30	.51	4.8	.35	2.09	14
23-34...........	336	1,003	.30	.43	5.4	.37	1.46	15
35-50...........	242	954	.23	.32	4.2	.28	1.26	10
51-64...........	196	781	.18	.25	3.3	.23	.77	9
65-74...........	113	284	.10	.14	1.9	.13	.35	5
75 AND OVER.....	55	206	.04	.07	.8	.06	.20	2
FEMALES:								
9-11............	196	630	.18	.30	2.5	.19	.74	10
12-14...........	160	416	.15	.24	2.0	.16	.63	8
15-18...........	212	540	.20	.29	2.9	.21	.77	11
19-22...........	207	585	.19	.26	3.1	.22	.78	13
23-34...........	162	541	.15	.20	2.7	.18	.57	8
35-50...........	125	618	.12	.16	2.1	.14	.66	8
51-64...........	95	392	.09	.12	1.8	.11	.36	6
65-74...........	65	480	.07	.10	1.3	.09	.68	4
75 AND OVER.....	59	240	.06	.07	.9	.07	.17	4
ALL INDIVIDUALS...	173	593	.16	.23	2.7	.19	.73	9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.
3/ VALUE TOO SMALL TO BE DISPLAYED BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977

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TABLE 2N-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ SUMMER 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/120	797	29.2	33.3	87.9	757	18.3	123
1-2.............	2/249	1,087	44.5	46.0	126.3	679	7.6	147
3-5.............	425	1,315	51.8	56.5	152.8	662	8.9	167
6-8.............	454	1,510	58.5	65.9	174.7	739	10.2	196
MALES:								
9-11............	233	1,774	69.1	78.2	203.3	818	11.9	219
12-14...........	274	1,828	72.0	80.0	210.2	827	12.4	229
15-18...........	320	2,114	86.5	95.9	229.6	987	14.0	261
19-22...........	261	1,718	72.8	79.7	177.2	703	11.3	210
23-34...........	655	1,741	72.6	80.0	177.1	622	11.7	223
35-50...........	664	1,885	78.3	90.6	182.9	606	13.2	255
51-64...........	520	1,838	75.6	86.5	182.5	675	12.9	269
65-74...........	239	1,677	70.5	75.4	176.9	625	13.1	264
75 AND OVER.....	118	1,788	72.6	85.3	183.8	634	13.6	251
FEMALES:								
9-11............	265	1,505	56.6	65.1	177.1	718	9.9	191
12-14...........	288	1,548	60.2	69.1	175.3	689	10.5	193
15-18...........	382	1,355	54.2	61.4	149.0	586	8.8	162
19-22...........	372	1,191	49.1	53.8	125.9	474	8.4	153
23-34...........	975	1,336	56.5	62.2	136.7	519	9.4	185
35-50...........	936	1,299	55.1	60.3	132.8	458	9.6	195
51-64...........	751	1,381	59.1	65.0	140.5	515	10.3	220
65-74...........	342	1,313	54.0	55.8	150.9	536	10.0	214
75 AND OVER.....	194	1,406	57.4	62.1	158.2	574	10.4	221
ALL INDIVIDUALS...	2/9,037	1,515	62.2	69.1	161.0	618	10.8	208

Continued--

TABLE 20-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ FALL 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	629	3,861	0.90	1.47	8.5	0.58	2.33	70
1-2.............	898	3,543	.94	1.48	10.8	.97	3.59	64
3-5.............	1,019	3,826	1.13	1.67	13.3	1.14	4.01	71
6-8.............	1,232	5,181	1.33	2.02	16.6	1.40	5.14	81
MALES:								
9-11............	1,376	5,498	1.50	2.20	19.2	1.60	5.34	82
12-14...........	1,529	5,984	1.68	2.44	21.2	1.79	6.10	87
15-18...........	1,652	6,136	1.80	2.55	23.1	1.84	6.48	92
19-22...........	1,576	6,351	1.71	2.41	24.4	1.89	8.02	89
23-34...........	1,557	6,411	1.64	2.16	24.6	1.83	6.78	82
35-50...........	1,355	5,875	1.41	1.81	22.8	1.65	5.42	77
51-64...........	1,352	7,939	1.51	2.01	23.4	1.75	7.83	87
65-74...........	1,206	8,103	1.41	1.88	20.3	1.60	6.19	86
75 AND OVER.....	1,176	7,640	1.42	1.81	18.8	1.55	4.53	88
FEMALES:								
9-11............	1,239	5,199	1.34	1.96	16.7	1.43	4.72	82
12-14...........	1,218	4,654	1.34	1.90	17.1	1.42	4.80	81
15-18...........	1,101	4,285	1.20	1.65	15.7	1.26	4.29	69
19-22...........	1,038	4,083	1.12	1.46	15.8	1.19	4.07	64
23-34...........	996	4,556	1.03	1.35	15.4	1.15	4.03	71
35-50...........	943	5,473	1.01	1.32	16.2	1.14	5.26	70
51-64...........	963	6,058	1.07	1.40	16.7	1.25	4.62	84
65-74...........	916	6,500	1.02	1.41	15.5	1.22	4.83	83
75 AND OVER.....	920	6,053	1.03	1.39	14.6	1.19	3.47	74
ALL INDIVIDUALS...	1,164	5,557	1.26	1.73	18.0	1.39	5.17	78

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 2N-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,[1] SUMMER 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.........	646	4,389	0.91	1.56	9.0	0.61	2.65	78
1-2.............	802	3,176	.84	1.37	9.8	.88	3.19	66
3-5.............	875	3,722	1.01	1.50	12.8	1.07	3.93	65
6-8.............	988	3,888	1.19	1.66	14.9	1.22	3.95	70
MALES:								
9-11............	1,134	5,327	1.33	1.90	17.6	1.44	5.25	81
12-14...........	1,156	5,117	1.40	1.94	18.2	1.49	5.13	86
15-18...........	1,374	5,660	1.57	2.22	20.9	1.63	6.17	83
19-22...........	1,099	4,694	1.15	1.62	16.5	1.27	5.16	74
23-34...........	1,074	4,700	1.15	1.50	17.7	1.34	4.60	[illegible]
35-50...........	1,111	5,440	1.31	1.57	19.9	1.50	4.50	75
51-64...........	1,142	6,322	1.26	1.68	19.1	1.50	5.39	89
65-74...........	1,075	7,556	1.22	1.71	19.2	1.50	6.20	92
75 AND OVER.....	1,073	5,212	1.27	1.52	17.7	1.41	3.67	87
FEMALES:								
9-11............	959	4,236	1.14	1.59	14.2	1.21	3.72	78
12-14...........	974	4,533	1.18	1.61	15.3	1.25	4.[illegible]	73
15-18...........	848	3,645	.97	1.33	13.0	1.05	3.52	67
19-22...........	752	3,022	.84	1.06	12.1	.96	2.52	59
23-34...........	856	4,529	.91	1.24	13.9	1.05	4.04	65
35-50...........	799	4,878	.89	1.15	14.2	1.05	3.75	74
51-64...........	885	5,722	1.00	1.30	15.4	1.20	4.08	88
65-74...........	838	6,944	1.01	1.34	14.5	1.18	3.78	97
75 AND OVER.....	908	6,397	1.06	1.43	15.1	1.25	4.10	86
ALL INDIVIDUALS...	960	4,933	1.09	1.47	15.6	1.22	4.24	76

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[1] BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
[2] EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 20-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ FALL 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/105	772	27.6	31.4	86.6	729	17.9	120
1-2.............	2/256	1,238	50.0	52.3	144.8	738	8.4	169
3-5.............	482	1,506	58.2	64.2	177.5	801	9.7	192
6-8.............	487	1,831	71.1	79.1	213.5	964	11.8	237
MALES:								
9-11............	278	2,091	82.5	91.9	238.8	1,030	13.4	261
12-14...........	307	2,314	91.5	102.2	262.7	1,129	15.2	286
15-18...........	329	2,565	102.5	115.9	281.5	1,176	16.4	304
19-22...........	245	2,475	101.0	114.4	253.7	1,036	16.1	302
23-34...........	626	2,508	102.2	117.2	249.7	914	16.6	322
35-50...........	558	2,239	93.5	107.1	213.3	753	15.4	310
51-64...........	503	2,189	90.6	104.7	215.9	766	16.0	316
65-74...........	267	1,958	79.0	89.7	209.8	734	14.4	287
75 AND OVER.....	110	1,829	73.8	82.5	198.8	762	14.0	264
FEMALES:								
9-11............	245	1,867	73.6	82.3	213.0	942	12.1	238
12-14...........	297	1,892	74.3	83.6	215.1	886	12.3	232
15-18...........	363	1,730	69.0	77.6	191.9	764	11.2	207
19-22...........	308	1,662	68.3	75.8	175.0	652	10.7	206
23-34...........	1,066	1,593	65.3	73.8	164.1	616	10.7	217
35-50...........	1,037	1,530	65.6	71.5	152.9	541	10.9	219
51-64...........	774	1,539	64.3	70.2	161.4	568	11.4	245
65-74...........	354	1,427	60.6	63.3	155.6	555	10.8	224
75 AND OVER.....	198	1,449	57.6	63.0	166.0	594	10.6	226
ALL INDIVIDUALS...	2/9,196	1,830	74.5	83.4	194.2	761	12.6	247

Continued--

TABLE 20-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ FALL 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/105	15	0.6	0.6	1.8	12	0.1	2
1-2.............	2/256	90	3.5	3.8	10.7	48	.5	11
3-5.............	482	198	7.3	8.6	23.5	102	1.1	23
6-8.............	487	441	18.1	19.5	49.7	264	2.5	57
MALES:								
9-11............	278	558	22.8	24.9	62.1	314	3.2	71
12-14...........	307	538	21.8	24.3	59.3	290	3.0	64
15-18...........	329	611	23.7	27.0	68.9	294	3.4	67
19-22...........	245	546	21.0	23.4	60.4	210	3.3	60
23-34...........	626	542	20.0	24.8	55.0	175	3.1	67
35-50...........	558	432	17.7	21.5	38.9	123	2.8	58
51-64...........	503	303	12.7	14.9	27.2	92	2.1	42
65-74...........	267	191	8.0	10.1	16.2	50	1.2	24
75 AND OVER.....	110	162	6.5	7.8	16.4	51	1.1	21
FEMALES:								
9-11............	245	468	19.1	20.6	53.2	275	2.6	60
12-14...........	297	488	19.2	21.8	55.0	263	2.7	59
15-18...........	363	447	17.4	20.3	49.3	208	2.5	49
19-22...........	308	322	12.4	14.6	33.2	111	1.8	33
23-34...........	1,066	274	10.6	12.9	27.2	86	1.7	33
35-50...........	1,037	229	9.0	11.0	21.7	71	1.5	29
51-64...........	774	203	8.6	9.8	19.3	59	1.4	29
65-74...........	354	156	6.9	7.8	14.5	46	1.0	20
75 AND OVER.....	198	125	5.2	5.9	13.0	35	.8	15
ALL INDIVIDUALS...	2/9,196	335	13.3	15.5	34.7	136	2.0	41

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TABLE 20-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ FALL 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	12	40	0.01	0.02	0.1	0.01	0.04	1
1-2.............	60	193	.06	.09	.7	.06	.20	3
3-5.............	129	424	.12	.20	1.5	.12	.48	7
6-8.............	316	1,117	.27	.47	3.5	.29	1.14	16
MALES:								
9-11............	387	1,247	.33	.56	4.4	.36	1.27	16
12-14...........	365	1,081	.32	.54	4.1	.33	1.23	15
15-18...........	397	1,0[illegible]1	.35	.58	4.8	.37	1.36	16
19-22...........	325	910	.30	.43	5.0	.35	1.19	17
23-34...........	310	1,039	.29	.40	4.9	.33	1.12	13
35-50...........	247	860	.23	.31	4.4	.29	.98	10
51-64...........	178	758	.17	.23	3.1	.21	.96	7
65-74...........	107	688	.11	.15	2.0	.14	.66	6
75 AND OVER.....	95	536	.09	.12	1.5	.11	.30	6
FEMALES:								
9-11............	331	1,089	.29	.49	3.7	.31	1.10	15
12-14...........	331	920	.29	.48	3.7	.30	1.08	14
15-18...........	284	785	.25	.40	3.6	.27	.94	11
19-22...........	185	543	.17	.24	3.0	.19	.60	7
23-34...........	153	597	.14	.20	2.6	.17	.56	8
35-50...........	129	744	.12	.18	2.2	.14	1.06	7
51-64...........	116	694	.11	.16	2.2	.15	.68	7
65-74...........	89	578	.09	.12	1.6	.12	.39	6
75 AND OVER.....	71	367	.07	.09	1.3	.09	.22	4
ALL INDIVIDUALS...	206	763	.19	.28	3.0	.21	.85	9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 20-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ FALL 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/105	758	27.0	30.8	84.8	717	17.8	118
1-2..............	2/256	1,148	46.5	48.5	134.1	690	7.8	159
3-5..............	482	1,307	50.9	55.5	154.1	698	8.6	169
6-8..............	487	1,390	53.1	59.6	163.8	699	9.3	179
MALES:								
9-11.............	278	1,533	59.7	67.0	176.7	716	10.3	191
12-14............	307	1,776	69.7	77.9	203.3	839	12.2	222
15-18............	329	1,955	78.8	88.9	212.6	851	13.0	237
19-22............	245	1,929	8[illegible].0	91.0	193.2	827	12.8	242
23-34............	626	1,966	82.2	92.4	194.7	740	13.5	255
35-50............	558	1,807	75.8	85.7	174.4	630	12.5	252
51-64............	503	1,886	77.9	89.7	188.7	674	13.9	274
65-74............	267	1,768	71.1	79.6	193.6	684	13.2	263
75 AND OVER......	110	1,667	67.3	74.8	182.4	712	12.9	243
FEMALES:								
9-11.............	245	1,399	54.5	61.7	159.8	666	9.5	178
12-14............	297	1,405	55.1	61.8	160.1	623	9.6	173
15-18............	363	1,283	51.7	57.2	142.6	557	8.7	158
19-22............	308	1,340	55.9	61.2	141.8	540	8.9	174
23-34............	1,066	1,319	54.7	60.9	136.9	530	9.0	184
35-50............	1,03[illegible]	1,303	56.5	60.5	131.2	470	9.4	190
51-64............	774	1,336	55.6	60.4	142.0	510	9.9	216
65-74............	354	1,271	53.7	55.5	141.1	509	9.8	204
75 AND OVER......	198	1,324	52.4	57.1	153.0	559	9.8	211
ALL INDIVIDUALS...	2/9,196	1,496	61.2	67.9	159.5	625	10.6	206

Continued--

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TABLE 20-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ FALL 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	617	3,821	0.89	1.45	8.4	0.57	2.29	69
1-2..............	838	3,350	.89	1.39	10.1	.91	3.39	61
3-5..............	890	3,401	1.01	1.47	11.8	1.03	3.54	64
6-8..............	916	4,064	1.06	1.54	13.1	1.10	4.01	65
MALES:								
9-11.............	988	4,252	1.17	1.64	14.8	1.25	4.07	66
12-14............	1,164	4,903	1.36	1.90	17.0	1.46	4.87	72
15-18............	1,255	5,075	1.45	1.98	18.3	1.4[illegible]	5.12	76
19-22............	1,252	5,441	1.40	1.98	19.4	1.54	6.83	71
23-34............	1,247	5,372	1.35	1.75	19.7	1.49	5.66	69
35-50............	1,109	5,015	1.18	1.50	18.4	1.37	4.44	67
51-64............	1,174	7,182	1.34	1.78	20.3	1.54	6.87	80
65-74............	1,099	7,416	1.30	1.73	18.3	1.46	5.53	80
75 AND OVER......	1,080	7,105	1.33	1.69	17.3	1.44	4.23	82
FEMALES:								
9-11.............	909	4,110	1.06	1.48	13.0	1.12	3.62	69
12-14............	887	3,734	1.06	1.43	13.4	1.13	3.72	67
15-18............	816	3,500	.94	1.25	12.0	.99	3.35	58
19-22............	853	3,540	.94	1.22	12.9	1.00	3.47	56
23-34............	843	3,959	.89	1.16	12.8	.98	3.47	63
35-50............	814	4,729	.89	1.15	14.0	1.00	4.20	63
51-64............	847	5,364	.96	1.25	14.5	1.10	3.93	77
65-74............	827	5,922	.93	1.29	14.0	1.10	4.45	77
75 AND OVER......	849	5,686	.97	1.30	13.3	1.11	3.25	70
ALL INDIVIDUALS...	958	4,794	1.08	1.45	15.0	1.18	4.32	68

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 2[illegible]-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ WINTER 1978

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/122	798	29.3	32.6	91.1	756	16.5	123
1-2..............	2/282	1,219	49.6	50.6	144.2	760	8.1	169
3-5..............	408	1,448	56.0	60.1	174.3	774	9.6	188
6-8..............	471	1,786	69.9	77.1	207.9	956	11.5	232
MALES:								
9-11.............	232	1,978	76.8	86.3	228.6	1,024	12.9	253
12-14............	273	2,313	91.2	102.3	262.3	[illegible]	14.5	290
15-18............	380	2,508	100.3	114.5	273.0	1,179	16.1	308
19-22............	267	2,289	95.3	104.1	237.5	875	15.2	273
23-34............	727	2,455	98.6	115.4	245.0	896	16.0	316
35-50............	635	2,287	92.5	108.5	223.8	769	15.6	315
51-64............	559	2,151	89.7	101.2	215.5	736	15.3	310
65-74............	274	1,896	77.8	85.9	199.5	689	13.7	278
75 AND OVER......	123	1,879	73.4	81.3	[illegible]	735	14.1	281
FEMALES:								
9-11.............	278	1,868	72.3	80.4	218.9	957	12.0	240
12-14............	268	1,791	69.8	78.3	206.0	860	11.2	220
15-18............	354	1,776	71.1	79.5	197.3	794	11.3	220
19-22............	337	1,588	64.7	71.0	172.6	631	10.7	202
23-34............	[illegible]	1,609	65.9	72.9	170.8	618	10.8	220
35-50............	[illegible]	1,504	64.2	70.9	150.7	546	10.8	226
51-64............	696	1,516	63.8	69.6	157.1	550	11.2	237
65-74............	334	1,413	60.9	62.9	152.2	544	10.7	220
75 AND OVER......	[illegible]	1,340	55.7	57.2	151.9	565	10.1	214
ALL INDIVIDUALS...	2/9,129	1,824	74.1	82.7	194.5	758	12.5	248

Continued--

TABLE 2P-1.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ WINTER 1978

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	655	4,763	0.85	1.51	8.7	0.60	2.60	86
1-2.............	910	3,384	.91	1.47	10.4	.95	3.46	68
3-5.............	990	3,712	1.14	1.64	13.3	1.13	3.64	70
6-8.............	1,212	4,302	1.33	1.96	16.3	1.39	4.34	83
MALES:								
9-11............	1,319	4,827	1.52	2.18	18.2	1.54	4.81	90
12-14...........	1,537	5,850	1.61	2.41	20.3	1.71	5.92	89
15-18...........	1,639	5,896	1.75	2.51	22.8	1.80	6.23	88
19-22...........	1,422	5,687	1.52	2.11	22.8	1.71	7.17	83
23-34...........	1,507	5,490	1.55	2.04	23.9	1.74	5.89	80
35-50...........	1,372	5,923	1.48	1.88	23.1	1.69	5.54	88
51-64...........	1,326	6,495	1.49	1.84	22.6	1.67	5.76	89
65-74...........	1,190	6,572	1.36	1.74	19.6	1.48	5.62	86
75 AND OVER.....	1,187	7,451	1.34	1.84	19.1	1.48	6.75	83
FEMALES:								
9-11............	1,247	4,790	1.36	1.98	16.6	1.40	4.76	85
12-14...........	1,165	4,068	1.25	1.77	15.8	1.29	4.13	75
15-18...........	1,140	4,372	1.22	1.67	16.0	1.27	4.26	77
19-22...........	988	4,118	1.09	1.41	15.4	1.18	3.93	76
23-34...........	1,007	4,584	1.05	1.36	16.2	1.18	3.91	77
35-50...........	948	4,995	1.00	1.31	16.0	1.16	4.38	72
51-64...........	944	6,318	1.06	1.38	16.2	1.23	5.22	87
65-74...........	911	5,952	1.03	1.36	15.5	1.18	4.52	93
75 AND OVER.....	877	5,576	1.03	1.35	14.4	1.13	4.17	76
ALL INDIVIDUALS...	1,163	5,215	1.26	1.71	17.9	1.38	4.86	81

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 2P-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ WINTER 1978

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/122	7	0.3	0.2	0.9	8	(3)	1
1-2.............	2/282	100	4.0	4.4	11.5	48	0.6	12
3-5.............	408	145	5.5	6.0	17.6	77	.8	18
6-8.............	471	405	16.7	18.0	45.3	250	2.2	53
MALES:								
9-11............	232	489	20.0	21.6	55.0	286	2.7	63
12-14...........	273	563	22.5	24.7	64.3	320	3.1	68
15-18...........	380	566	21.9	25.5	62.9	276	3.2	64
19-22...........	267	600	23.6	27.4	63.4	202	3.5	63
23-34...........	727	581	22.4	26.9	57.4	194	3.5	70
35-50...........	635	390	15.6	17.9	37.7	113	2.7	53
51-64...........	559	295	12.5	14.5	27.3	89	2.0	40
65-74...........	274	136	5.8	6.9	11.6	38	.9	19
75 AND OVER.....	123	86	4.0	4.0	8.3	27	.6	12
FEMALES:								
9-11............	278	459	18.3	20.1	52.7	280	2.6	59
12-14...........	268	456	18.0	20.2	52.0	244	2.5	56
15-18...........	354	424	16.2	18.7	48.9	199	2.4	50
19-22...........	337	312	12.7	14.3	32.2	110	1.9	36
23-34...........	974	271	10.3	12.2	28.5	90	1.6	33
35-50...........	948	218	8.8	11.6	20.5	67	1.4	28
51-64...........	696	177	6.8	8.6	17.1	55	1.1	24
65-74...........	334	126	5.6	6.2	11.5	34	.8	17
75 AND OVER.....	187	53	2.4	2.5	5.3	21	.4	8
ALL INDIVIDUALS...	2/9,129	324	12.9	14.8	33.8	132	1.9	40

Continued--

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TABLE 2P-2.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ WINTER 1978

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	7	20	(3)	0.01	(3)	(3)	0.03	(3)
1-2.............	65	198	0.07	.10	0.9	0.07	.22	4
3-5.............	97	281	.09	.15	1.2	.09	.32	5
6-8.............	296	904	.25	.44	3.2	.27	.98	14
MALES:								
9-11............	348	1,125	.31	.52	4.0	.33	1.14	19
12-14...........	389	1,122	.33	.56	4.3	.35	1.23	15
15-18...........	368	[illegible]1	.32	.52	4.5	.34	1.17	14
19-22...........	349	[illegible]38	.32	.46	5.5	.38	1.34	18
23-34...........	340	981	.30	.45	5.5	.36	1.41	12
35-50...........	226	942	.22	.31	4.1	.26	1.18	10
51-64...........	171	682	.15	.22	3.1	.20	.87	7
65-74...........	78	357	.08	.09	1.4	.10	.39	4
75 AND OVER.....	53	240	.05	.08	1.0	.07	.24	3
FEMALES:								
9-11............	330	1,053	.28	.49	3.5	.30	1.13	15
12-14...........	307	804	.28	.44	3.6	.28	1.05	15
15-18...........	272	731	.25	.37	3.5	.26	.83	13
19-22...........	187	621	.19	.25	3.1	.22	.79	11
23-34...........	155	558	.14	.20	2.5	.17	.57	8
35-50...........	126	630	.11	.16	2.1	.14	.70	7
51-64...........	98	528	.10	.13	1.7	.11	.53	7
65-74...........	72	423	.07	.09	1.4	.09	.34	5
75 AND OVER.....	37	384	.03	.06	.6	.05	.46	2
ALL INDIVIDUALS...	201	688	.18	.28	2.9	.21	.81	9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.
3/ VALUE TOO SMALL TO BE DISPLAYED BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 2P-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ WINTER 1978

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1	648	4,743	0.85	1.50	8.7	0.60	2.57	85
1-2	844	3,186	.85	1.37	9.5	.88	3.24	65
3-5	893	3,431	1.05	1.49	12.2	1.04	3.32	65
6-8	916	3,398	1.08	1.52	13.0	1.12	3.35	69
MALES:								
9-11	971	3,702	1.21	1.65	14.2	1.21	3.67	72
12-14	1,148	4,728	1.28	1.85	16.0	1.36	4.69	75
15-18	1,270	4,975	1.43	1.99	18.3	1.47	5.07	74
19-22	1,073	4,750	1.20	1.65	17.4	1.32	5.83	64
23-34	1,167	4,508	1.25	1.59	18.4	1.38	4.49	69
35-50	1,146	4,981	1.26	1.57	18.9	1.43	4.35	78
51-64	1,154	5,763	1.33	1.63	19.6	1.47	4.89	82
65-74	1,112	6,215	1.28	1.64	18.2	1.38	5.23	82
75 AND OVER	1,133	7,211	1.29	1.76	18.1	1.41	6.51	81
FEMALES:								
9-11	918	3,737	1.08	1.49	13.1	1.10	3.63	70
12-14	858	3,264	.97	1.33	12.3	1.01	3.08	59
15-18	869	3,641	.97	1.30	12.5	1.01	3.43	65
19-22	801	3,496	.90	1.16	12.3	.97	3.14	65
23-34	852	4,026	.91	1.17	13.7	1.02	3.34	69
35-50	822	4,365	.89	1.15	13.9	1.02	3.68	65
51-64	846	5,791	.96	1.25	14.6	1.11	4.69	91
65-74	839	5,530	.96	1.27	14.0	1.09	4.19	87
75 AND OVER	840	5,193	1.00	1.29	13.8	1.08	3.71	74
ALL INDIVIDUALS	962	4,527	1.08	1.43	15.0	1.17	4.05	72

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 2P-3.--NUTRITIVE VALUE OF FOOD INTAKE
AVERAGE PER INDIVIDUAL PER DAY,1/ WINTER 1978

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1.........	2/182	791	29.0	32.3	90.2	748	16.4	121
1-2.............	2/282	1,119	45.6	46.3	132.8	712	7.6	157
3-5.............	408	1,303	50.4	54.1	156.7	697	8.7	171
6-8.............	471	1,381	53.2	59.1	162.6	707	9.3	[illegible]
MALES:								
9-11............	232	1,489	56.8	64.7	173.6	737	10.2	190
12-14...........	273	1,750	68.7	77.6	198.1	853	11.4	222
15-18...........	380	1,941	78.4	88.9	210.1	903	12.9	244
19-22...........	267	1,689	71.7	76.6	174.1	673	11.7	210
23-34...........	727	1,874	76.2	88.4	187.6	702	12.5	247
35-50...........	635	1,696	77.0	90.6	186.1	656	13.0	262
51-64...........	559	1,856	77.1	86.8	188.2	648	13.3	270
65-74...........	274	1,759	72.0	79.0	187.8	651	12.8	259
75 AND OVER.....	123	1,793	69.4	77.4	201.8	709	13.4	270
FEMALES:								
9-11............	278	1,409	54.0	60.4	166.2	677	9.4	181
12-14...........	268	1,334	51.8	58.1	154.0	615	8.7	164
15-18...........	354	1,352	54.9	60.8	148.5	596	8.9	169
19-22...........	337	1,275	52.0	56.7	140.4	521	8.8	166
23-34...........	974	1,338	55.6	60.7	142.3	529	9.2	187
35-50...........	948	1,286	55.4	60.3	130.2	478	9.5	198
51-64...........	696	1,339	57.0	61.0	140.0	495	10.1	213
65-74...........	334	1,287	55.2	56.6	140.8	510	9.8	203
75 AND OVER.....	187	1,287	53.3	54.7	146.6	544	9.7	206
ALL INDIVIDUALS...	2/9,129	1,500	61.3	67.9	160.7	626	10.5	208

Continued--

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TABLE 38.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/54	106	201	157	135	188	202	242	208	285	115	131	269	199
1-2..............	3/137	96	220	93	54	121	123	208	152	208	120	124	220	142
3-5..............	202	93	207	83	88	101	120	176	152	188	147	103	187	148
6-8..............	186	82	212	103	117	94	141	161	122	159	120	92	188	169
MALES:														
9-11.............	99	75	199	93	98	82	130	135	111	134	108	87	174	174
12-14............	93	76	179	74	79	69	107	123	115	135	114	91	199	171
15-18............	113	82	172	77	88	66	119	104	121	126	126	85	179	124
19-22............	92	81	169	107	152	78	179	95	99	114	118	75	189	130
23-34............	166	85	173	101	158	87	182	116	107	120	128	78	188	133
35-50............	93	78	157	90	147	83	162	88	100	103	120	71	139	115
51-64............	142	74	138	81	134	75	146	165	110	127	122	64	238	116
65-74............	254	74	136	85	132	74	146	147	107	129	121	66	231	122
75 AND OVER......	162	83	125	84	129	72	137	120	105	117	110	63	143	119
FEMALES:														
9-11.............	108	76	177	83	94	83	119	130	111	127	105	80	151	152
12-14............	95	79	149	58	65	68	89	109	117	128	112	73	148	149
15-18............	117	84	156	60	66	69	93	116	116	130	123	64	176	117
19-22............	155	71	139	71	60	64	116	102	93	102	110	60	123	94
23-34............	349	79	144	66	63	67	118	123	108	116	124	59	167	117
35-50............	273	74	144	63	61	69	113	130	105	108	120	58	182	123
51-64............	380	77	143	64	106	71	113	159	104	113	125	59	173	131
65-74............	453	77	135	72	107	73	115	168	105	121	118	59	167	146
75 AND OVER......	303	87	131	74	109	75	114	163	108	122	118	61	152	132
ALL INDIVIDUALS...	3/4,026	80	156	79	100	78	126	144	113	130	120	71	178	134

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3F.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/80	108	194	167	140	201	213	250	221	303	115	131	287	221
1-2.............	3/216	99	222	97	54	125	127	163	150	203	116	118	176	165
3-5.............	336	93	205	96	80	101	124	152	140	181	135	95	160	146
6-8.............	397	86	218	116	118	102	150	146	121	162	118	93	156	176
MALES:														
9-11............	217	82	214	106	105	91	143	139	122	153	118	97	199	190
12-14...........	258	84	199	93	84	80	126	115	120	151	120	101	185	187
15-18...........	354	91	181	97	90	76	136	119	126	148	131	93	204	159
19-22...........	338	82	176	121	157	82	191	124	103	135	124	78	260	137
23-34...........	593	89	175	109	159	89	186	118	111	128	134	80	214	141
35-50...........	547	85	173	93	159	88	173	122	108	118	134	80	189	145
51-64...........	630	86	159	90	155	87	162	139	121	135	143	78	218	157
65-74...........	287	80	144	86	139	79	150	149	118	127	125	70	197	146
75 AND OVER.....	136	91	136	88	135	77	147	132	113	122	118	67	162	159
FEMALES:														
9-11............	220	80	184	97	92	88	128	132	112	140	104	84	148	180
12-14...........	266	85	155	73	63	74	99	109	116	141	111	75	149	154
15-18...........	397	82	151	65	62	71	93	108	111	128	115	65	136	126
19-22...........	402	74	144	78	58	66	122	98	96	105	110	57	129	127
23-34...........	805	80	150	76	61	72	125	115	104	113	121	59	125	124
35-50...........	967	73	143	64	58	71	114	130	99	107	122	57	153	124
51-64...........	878	82	145	69	112	78	118	160	108	118	126	63	169	146
65-74...........	413	79	136	66	108	75	112	164	104	114	121	62	137	151
75 AND OVER.....	218	88	130	74	104	73	114	161	102	118	112	63	141	146
ALL INDIVIDUALS...	3/6,957	83	164	86	103	82	136	133	113	131	124	74	172	147

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE [illegible]--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/4[illegible]1	101	186	164	149	201	209	247	232	303	128	138	279	224
1-2.............	3/1,035	101	222	102	55	129	131	172	151	210	117	119	184	161
3-5.............	1,719	94	203	95	80	102	123	161	138	181	135	95	168	158
6-8.............	1,841	84	215	114	115	99	148	149	119	161	117	91	164	181
MALES:														
9-11............	939	81	208	104	102	88	139	132	116	145	113	93	184	186
12-14...........	1,150	84	194	91	82	79	123	115	117	148	117	97	197	177
15-18...........	1,394	92	184	98	92	77	138	124	129	152	132	94	226	160
19-22...........	1,030	83	177	118	156	82	188	118	106	131	123	81	239	146
23-34...........	2,716	90	175	107	159	88	185	114	110	126	133	80	204	143
35-50...........	2,571	84	168	94	156	88	170	120	105	117	130	78	190	139
51-64...........	2,161	88	161	93	154	88	166	142	122	137	143	78	224	154
65-74...........	1,049	80	141	89	142	81	151	146	115	130	127	72	202	153
75 AND OVER.....	465	91	134	90	140	78	146	140	113	125	118	69	169	151
FEMALES:														
9-11............	1,011	80	182	96	92	87	127	130	112	138	105	83	153	181
12-14...........	1,148	84	155	71	65	75	98	112	118	141	112	76	154	157
15-18...........	1,473	83	150	53	62	69	91	107	108	126	114	63	139	124
19-22...........	1,317	75	144	76	59	65	121	96	95	[illegible]	109	58	124	116
23-34...........	3,679	79	145	74	60	71	122	115	101	113	121	58	137	120
35-50...........	3,759	76	146	66	60	74	116	130	100	109	124	58	153	124
51-64...........	2,936	83	148	69	113	80	120	153	107	116	129	63	161	149
65-74...........	1,376	79	138	70	109	75	115	165	106	118	121	62	153	155
75 AND OVER.....	751	89	131	73	106	74	114	159	105	119	115	61	143	140
ALL INDIVIDUALS...	3/36,142	84	166	87	102	84	136	133	113	133	124	75	174	147

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 3C.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/55	103	182	155	136	195	205	240	223	295	117	138	285	211
1-2.............	3/127	102	226	107	55	129	133	176	155	217	117	119	193	141
3-5.............	243	90	201	90	79	96	118	169	132	174	129	92	182	140
6-8.............	197	82	218	107	115	96	144	136	114	150	113	89	156	166
MALES:														
9-11............	94	77	206	103	99	84	136	130	111	142	110	90	174	157
12-14...........	140	81	186	82	79	74	115	122	106	136	109	88	221	157
15-18...........	133	89	184	90	91	75	134	128	126	141	128	90	233	145
19-22...........	121	84	176	112	161	82	185	138	112	129	124	81	252	145
23-34...........	309	88	169	104	160	85	181	114	110	126	129	76	219	124
35-50...........	203	81	164	85	152	79	159	107	103	108	122	71	173	127
51-64...........	218	89	166	98	163	89	175	160	133	150	149	81	259	144
65-74...........	242	82	139	94	146	88	154	144	116	133	127	74	176	166
75 AND OVER.....	[illegible]	96	137	93	161	83	148	143	123	127	124	75	154	170
FEMALES:														
9-11............	118	80	190	97	94	88	129	120	112	135	105	83	146	179
12-14...........	130	81	157	66	66	73	96	111	117	134	113	74	165	136
15-18...........	140	84	149	60	65	69	88	115	110	123	115	65	140	124
19-22...........	183	81	150	83	63	64	128	91	102	113	112	60	122	111
23-34...........	462	75	142	73	58	67	117	98	99	110	118	57	121	112
35-50...........	340	78	150	67	62	71	118	133	105	109	124	59	148	119
51-64...........	380	85	150	69	118	79	121	139	113	117	132	65	146	139
65-74...........	226	82	136	69	108	77	113	179	104	115	117	62	153	159
75 AND OVER.....	104	87	122	70	102	76	112	178	106	117	108	56	167	158
ALL INDIVIDUALS...	3/4,249	84	164	85	104	82	134	134	114	132	122	74	173	140

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 30.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/117	99	177	178	176	210	219	242	268	332	148	148	300	215
1-2.............	3/283	103	223	106	54	130	136	156	150	212	115	116	169	155
3-5.............	406	95	203	96	80	103	124	160	139	181	137	93	167	161
6-8.............	468	83	211	114	114	98	146	148	119	163	118	92	167	177
MALES:														
9-11............	200	80	204	98	100	86	134	123	111	138	109	87	184	173
12-14...........	222	86	199	92	84	80	125	115	122	153	121	98	211	166
15-18...........	240	95	189	103	95	80	143	158	134	165	136	96	298	161
19-22...........	166	83	172	105	154	80	179	105	104	123	124	81	203	148
23-34...........	695	93	181	111	160	89	189	112	112	128	136	81	201	141
35-50...........	508	86	169	96	162	90	173	126	109	122	134	79	209	133
51-64...........	412	88	162	93	153	99	165	133	124	135	143	77	213	142
65-74...........	152	77	133	85	143	80	145	140	112	128	128	73	213	162
75 AND OVER.....	47	107	147	108	154	91	164	172	130	147	130	83	183	213
FEMALES:														
9-11............	225	77	177	94	91	63	124	139	112	141	109	84	175	180
12-14...........	244	85	156	72	65	75	98	118	119	143	113	76	152	156
15-18...........	260	82	148	62	61	69	90	107	107	124	113	63	139	127
19-22...........	209	77	147	74	59	65	122	89	91	103	111	59	117	107
23-34...........	1,009	79	145	74	60	71	122	117	100	112	122	58	135	113
35-50...........	673	78	149	67	62	75	118	130	103	112	128	59	159	121
51-64...........	521	83	146	70	113	82	121	148	104	116	129	62	164	146
65-74...........	167	83	146	75	116	78	122	160	114	130	131	67	190	168
75 AND OVER.....	62	93	141	76	103	74	117	121	109	120	120	64	115	144
ALL INDIVIDUALS...	3/7,286	85	169	89	102	86	139	132	116	137	126	77	178	145

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3E.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/115	97	184	156	142	199	201	256	217	267	126	136	256	254
1-2.............	3/271	102	223	104	56	135	134	175	151	210	117	119	181	184
3-5.............	532	94	201	97	77	105	124	158	135	180	132	93	161	174
6-8.............	594	87	216	119	113	102	151	153	119	163	117	91	162	198
MALES:														
9-11............	328	84	211	108	104	90	143	134	117	148	114	96	179	202
12-14...........	437	85	193	96	81	81	125	112	117	151	115	98	189	185
15-18...........	555	94	185	103	92	80	142	115	131	156	133	96	215	171
19-22...........	313	83	183	127	155	83	194	118	108	136	123	85	247	159
23-34...........	953	89	173	106	157	88	183	112	108	124	132	81	197	153
35-50...........	1,219	84	166	95	154	89	170	121	102	116	129	78	189	142
51-64...........	760	91	164	96	156	92	170	139	122	138	146	81	223	168
65-74...........	115	89	160	98	160	91	165	146	126	138	146	83	188	200
75 AND OVER.....	35	94	142	90	147	80	152	209	107	141	123	74	327	147
FEMALES:														
9-11............	339	82	183	99	91	89	129	128	111	140	104	83	145	191
12-14...........	413	86	156	73	67	77	99	112	119	145	111	77	155	167
15-18...........	559	84	148	64	60	69	92	101	104	125	111	61	133	124
19-22...........	367	75	143	73	56	64	119	96	93	105	106	58	124	122
23-34...........	1,254	80	145	75	60	72	122	117	98	113	120	59	144	128
35-50...........	1,507	76	146	67	61	76	117	128	98	108	125	59	146	128
51-64...........	777	86	153	73	115	84	125	151	105	117	133	66	152	166
65-74...........	117	82	146	75	109	79	118	140	107	113	128	66	106	179
75 AND OVER.....	63	93	141	74	108	73	117	140	102	110	115	57	101	118
ALL INDIVIDUALS...	3/11,624	85	168	89	101	86	139	129	111	133	125	77	171	156

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 3G.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/126	105	192	151	146	188	195	274	223	287	126	140	279	247
1-2..............	3/306	101	231	102	54	129	132	188	150	211	118	121	200	155
3-5..............	521	94	209	95	82	101	124	175	144	185	138	98	181	156
6-8..............	482	85	221	110	118	97	147	173	123	162	122	95	180	187
MALES:														
9-11.............	264	77	202	95	100	81	130	136	112	138	109	90	194	178
12-14............	287	83	196	84	82	76	118	119	117	143	122	99	195	186
15-18............	387	88	180	92	91	73	132	138	126	148	129	94	247	165
19-22............	318	83	181	117	161	82	190	120	110	133	126	85	255	138
23-34............	846	87	172	102	155	85	179	124	107	122	130	79	211	151
35-50............	657	82	166	90	155	85	167	129	105	115	129	77	201	145
51-64............	565	86	160	88	150	84	160	140	119	130	139	75	219	154
65-74............	300	80	143	87	142	80	150	154	117	128	128	72	202	160
75 AND OVER.....	147	89	137	87	137	76	145	157	113	125	117	71	196	153
FEMALES:														
9-11.............	269	[illegible]	189	95	95	89	128	151	116	141	110	89	171	194
12-14............	305	[illegible]	158	66	69	72	96	118	125	140	118	80	154	165
15-18............	424	[illegible]	157	60	65	69	92	111	115	126	120	66	143	132
19-22............	408	[illegible]	154	76	62	65	125	97	101	106	116	61	129	114
23-34............	1,216	81	150	73	62	71	124	120	105	115	124	61	143	128
35-50............	1,097	[illegible]	152	65	62	71	117	134	103	109	126	60	161	133
51-64............	850	[illegible]	153	69	114	78	122	169	108	119	133	65	175	159
65-74............	446	80	140	71	108	76	115	183	102	118	121	62	171	162
75 AND OVER.....	240	88	135	75	107	72	116	171	105	122	116	62	158	148
ALL INDIVIDUALS...	3/10,462	84	168	84	102	82	135	142	114	132	126	76	182	152

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3H.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/150	99	187	179	154	218	226	246	245	324	135	138	287	225
1-2..............	3/389	103	223	107	56	134	136	174	155	215	118	121	180	173
3-5..............	639	94	203	97	79	106	125	162	137	181	136	96	169	69
6-8..............	737	85	212	116	114	101	149	146	118	162	117	91	160	192
MALES:														
9-11.............	346	84	211	107	105	93	143	134	120	150	117	96	182	199
12-14............	457	84	192	95	81	80	125	114	117	151	115	97	192	178
15-18............	544	94	185	103	91	80	142	116	130	155	132	94	216	165
19-22............	406	84	178	123	154	83	192	112	105	131	122	79	222	160
23-34............	1,034	90	175	109	158	90	186	106	111	126	132	81	193	145
35-50............	1,122	83	164	93	152	89	168	116	102	114	129	77	186	141
51-64............	870	89	162	94	155	90	167	144	121	138	145	80	235	158
65-74............	361	79	139	84	142	81	148	140	111	129	127	73	199	151
75 AND OVER......	134	99	142	99	149	84	158	158	123	136	125	74	187	184
FEMALES:														
9-11.............	402	80	180	97	91	87	126	120	112	138	104	82	140	194
12-14............	451	84	154	74	64	76	99	111	114	143	108	73	160	159
15-18............	546	83	148	64	60	70	92	106	104	125	112	62	138	127
19-22............	493	74	141	76	58	65	120	100	93	107	107	58	126	122
23-34............	1,488	79	144	77	60	71	122	118	100	113	120	58	138	128
35-50............	1,478	75	146	68	60	75	117	133	98	108	124	58	148	128
51-64............	1,043	84	148	71	113	82	122	149	107	116	129	65	154	151
65-74............	408	80	141	71	115	78	118	174	111	126	128	66	179	166
75 AND OVER......	238	94	135	70	107	78	115	152	107	112	118	64	121	143
ALL INDIVIDUALS...	3/13,737	84	166	89	102	86	138	131	113	134	124	76	172	153

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 31.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/145	101	179	160	148	193	203	225	226	296	121	135	272	204
1-2.............	3/339	99	215	96	53	124	126	156	147	201	114	114	173	153
3-5.............	558	92	197	92	79	98	119	147	135	176	132	90	155	146
6-8.............	622	84	214	115	114	98	148	134	117	159	115	89	156	165
MALES:														
9-11............	329	82	211	106	102	89	142	127	115	146	111	92	177	177
12-14...........	406	84	194	91	83	79	123	115	116	149	115	95	204	170
15-18...........	462	93	185	97	94	77	138	122	130	151	134	93	219	150
19-22...........	306	80	171	113	153	80	182	124	102	127	122	78	246	136
23-34...........	837	92	179	110	162	89	189	113	112	130	136	80	209	132
35-50...........	791	87	173	98	163	89	175	118	109	121	133	79	186	131
51-64...........	726	88	160	95	157	90	168	140	126	141	145	79	216	149
65-74...........	388	81	141	94	143	82	154	145	116	133	127	70	204	150
75 AND OVER.....	184	87	126	85	137	75	137	113	107	117	113	64	133	127
FEMALES:														
9-11............	340	79	180	95	90	85	126	126	108	136	103	79	154	154
12-14...........	392	84	154	70	65	75	97	110	117	139	112	74	146	145
15-18...........	503	82	145	64	60	69	90	103	106	126	110	61	138	115
19-22...........	416	74	139	76	56	65	119	90	90	104	105	56	118	112
23-34...........	1,175	78	141	71	59	69	118	106	99	109	120	56	130	102
35-50...........	1,184	76	141	64	60	74	114	121	101	109	123	57	152	112
51-64...........	1,044	82	142	68	111	78	118	143	106	115	126	61	158	138
65-74...........	522	79	133	69	104	73	112	143	104	112	117	60	118	140
75 AND OVER.....	273	85	125	74	103	72	112	155	105	122	110	56	150	130
ALL INDIVIDUALS...	3/11,943	84	163	86	102	83	135	126	113	133	123	74	168	136

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3J.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1.........	3/322	98	179	164	144	200	207	240	225	298	124	133	274	225
1-2.............	3/814	103	224	105	55	133	134	169	151	212	117	119	181	163
3-5.............	1,327	94	201	98	79	104	124	156	136	182	134	94	164	157
6-8.............	1,482	85	213	117	114	101	149	144	118	162	117	90	161	181
MALES:														
9-11............	750	83	210	108	103	90	142	130	117	149	114	94	183	186
12-14...........	923	85	194	94	82	80	125	113	117	152	116	97	198	175
15-18...........	1,115	95	187	105	93	81	144	119	132	158	134	96	225	163
19-22...........	850	84	179	124	155	84	194	108	105	132	124	82	221	146
23-34...........	2,393	90	175	110	158	90	187	111	109	127	133	80	199	142
35-50...........	2,228	85	168	96	157	90	172	117	104	118	131	78	190	140
51-64...........	1,923	89	161	95	155	90	168	141	123	138	145	79	221	156
65-74...........	932	81	141	90	144	83	152	146	116	133	129	73	200	155
75 AND OVER.....	399	92	134	90	143	79	146	141	113	127	119	70	174	153
FEMALES:														
9-11............	795	80	181	98	90	88	128	125	110	139	104	81	149	179
12-14...........	905	85	154	73	65	76	99	109	116	143	110	75	156	154
15-18...........	1,164	82	147	65	60	70	91	102	105	126	111	62	137	122
19-22...........	1,045	75	142	79	57	66	122	96	91	106	107	58	126	116
23-34...........	3,298	79	144	76	59	72	122	113	98	113	120	58	135	117
35-50...........	3,114	75	144	67	60	75	116	129	98	110	124	58	154	123
51-64...........	2,542	83	146	71	112	81	121	149	105	117	129	63	159	149
65-74...........	1,207	79	136	71	108	77	115	155	106	118	121	63	142	156
75 AND OVER.....	688	89	130	73	106	75	114	159	105	119	115	61	144	142
ALL INDIVIDUALS...	3/30,215	84	164	89	103	85	138	130	112	133	124	75	172	146

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3K.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1...........	3/68	109	190	155	167	194	202	282	249	307	136	151	288	211
1-2...............	3/158	94	212	83	51	111	113	180	147	186	116	114	184	150
3-5...............	276	93	209	82	81	95	115	189	144	172	141	96	181	156
6-8...............	255	81	216	98	115	90	136	187	120	153	118	92	191	184
MALES:														
9-11..............	137	73	197	91	93	74	119	146	107	126	108	85	192	183
12-14.............	173	76	183	69	77	66	104	128	109	127	114	90	190	179
15-18.............	226	77	163	68	82	60	109	150	115	122	122	81	221	148
19-22.............	136	69	152	79	146	62	146	156	98	110	110	69	308	141
23-34.............	229	82	170	80	156	70	160	135	114	115	128	75	238	143
35-50.............	254	76	159	74	143	71	[illegible]	141	103	102	122	70	182	129
51-64.............	195	80	156	77	143	70	[illegible]	155	116	123	127	69	239	130
65-74.............	99	72	142	71	128	62	134	162	102	112	115	61	229	132
75 AND OVER......	62	80	128	79	119	63	133	127	111	108	102	57	130	137
FEMALES:														
9-11..............	154	76	181	92	97	82	118	159	116	133	110	86	171	180
12-14.............	172	80	158	59	66	68	90	133	121	129	116	77	147	167
15-18.............	243	84	156	54	65	66	87	131	116	123	123	67	152	138
19-22.............	192	74	146	58	60	55	110	99	100	94	112	56	116	116
23-34.............	421	79	149	59	62	60	112	137	111	110	123	58	154	131
35-50.............	493	75	151	57	60	63	110	136	104	101	123	57	136	132
51-64.............	331	79	153	59	110	67	113	173	111	113	127	61	170	146
65-74.............	151	78	144	63	108	63	110	219	101	123	117	56	252	141
75 AND OVER......	59	83	135	67	101	64	106	157	104	112	111	54	129	123
ALL INDIVIDUALS...	3/4,485	80	166	71	94	72	120	154	115	125	121	73	183	147

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3L.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/30	121	240	185	169	222	240	239	259	344	149	161	316	242
1-2..............	3/61	95	233	119	57	132	141	187	161	244	116	130	220	168
3-5..............	113	92	215	92	86	99	124	153	150	184	140	103	177	169
6-8..............	100	87	241	112	129	104	156	127	133	157	128	104	144	189
MALES:														
9-11.............	51	79	216	100	116	88	143	128	122	139	112	96	172	193
12-14............	54	94	220	100	101	91	141	117	138	162	132	116	200	202
15-18............	52	93	192	89	99	79	141	119	132	140	131	95	267	150
19-22............	36	92	209	132	216	96	225	206	143	171	152	97	417	162
23-34............	94	94	195	110	189	88	198	135	136	137	145	89	243	158
35-50............	82	91	190	94	184	88	183	122	125	121	144	88	180	142
51-64............	41	86	173	88	160	80	157	137	119	133	153	77	302	146
65-74............	16	81	155	96	138	74	158	59	118	116	117	65	133	171
75 AND OVER.....	4	146	232	184	242	135	276	173	213	236	216	143	219	205
FEMALES:														
9-11.............	61	82	201	93	108	91	133	129	128	141	115	97	161	207
12-14............	69	84	169	69	74	76	101	94	134	140	124	84	136	168
15-18............	62	91	177	68	82	82	107	99	139	137	132	77	135	122
19-22............	74	91	171	81	80	73	142	90	131	121	134	74	121	126
23-34............	156	86	164	69	74	71	130	105	135	118	141	70	131	153
35-50............	143	87	174	70	75	78	132	123	135	117	146	69	184	126
51-64............	60	102	183	71	150	86	142	194	150	129	160	75	195	140
65-74............	15	101	176	67	144	92	136	169	143	116	159	84	111	163
75 AND OVER.....	4	112	173	140	119	104	177	80	124	186	121	50	160	81
ALL INDIVIDUALS...	3/1,378	90	194	91	112	90	147	131	139	147	137	90	186	160

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 3M.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES AVERAGE PER INDIVIDUAL PER DAY,1/ SPRING 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/75	98	182	167	146	211	210	229	228	298	133	142	256	231
1-2..............	3/246	98	217	101	54	125	128	173	145	207	114	116	183	164
3-5..............	404	92	199	90	78	99	118	150	133	172	135	92	154	157
6-8..............	428	82	206	108	109	94	141	145	114	153	114	87	156	185
MALES:														
9-11.............	196	79	199	94	101	83	131	128	115	141	113	90	205	181
12-14............	296	84	191	89	82	77	120	109	118	147	119	98	189	174
15-18............	365	94	187	98	94	79	140	129	131	155	136	97	241	178
19-22............	256	88	190	121	164	86	199	111	111	132	133	86	211	152
23-34............	708	89	173	102	157	86	180	104	109	122	133	80	192	152
35-50............	714	83	168	94	156	86	170	116	103	117	131	77	200	136
51-64............	579	86	162	87	154	86	162	139	120	135	145	79	240	159
65-74............	270	80	144	91	145	82	155	135	117	131	129	73	197	166
75 AND OVER......	114	92	137	89	140	80	146	150	115	126	119	71	166	172
FEMALES:														
9-11.............	222	79	179	90	92	85	122	118	112	135	109	83	147	175
12-14............	295	85	155	69	64	74	97	106	115	138	112	73	151	162
15-18............	374	84	150	64	62	70	91	107	108	126	117	63	130	126
19-22............	300	75	148	78	58	65	124	96	93	107	109	59	133	120
23-34............	865	78	142	72	59	69	119	112	99	112	119	59	139	122
35-50............	838	75	145	63	60	72	114	118	100	106	125	59	141	127
51-64............	715	82	149	67	112	78	120	149	105	116	130	64	171	153
65-74............	346	81	140	73	111	77	118	163	110	122	124	65	152	160
75 AND OVER......	173	86	126	72	105	72	110	181	103	121	112	60	181	160
ALL INDIVIDUALS...	3/8,780	83	165	85	103	82	136	128	112	131	125	76	174	151

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: U[illegible] NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 3N.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ SUMMER 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/120	101	184	167	159	202	210	255	243	315	132	144	295	222
1-2..............	3/249	100	220	100	55	125	129	168	150	210	118	119	181	167
3-5..............	425	94	204	91	81	100	121	170	137	182	140	97	184	159
6-8..............	454	83	212	107	116	98	143	141	122	158	121	92	159	175
MALES:														
9-11.............	233	83	212	101	105	88	139	146	116	146	118	96	196	196
12-14............	274	81	186	83	81	76	115	116	115	142	117	95	199	190
15-18............	320	92	186	98	93	77	138	126	131	155	137	95	239	161
19-22............	261	79	167	114	146	77	180	121	97	125	112	74	242	147
23-34............	655	86	169	101	152	83	176	114	103	121	128	78	202	147
35-50............	664	85	170	91	160	88	169	128	110	118	134	81	192	141
51-64............	520	89	159	98	151	89	167	142	120	138	141	79	205	163
65-74............	239	78	140	85	143	83	149	157	110	132	132	74	218	162
75 AND OVER......	118	92	136	83	141	75	141	108	109	113	116	67	129	149
FEMALES:														
9-11.............	265	78	175	91	91	84	122	132	109	135	104	82	149	188
12-14............	288	83	151	67	67	74	94	124	121	143	115	78	164	159
15-18............	382	81	146	60	61	66	88	104	105	124	113	63	142	128
19-22............	372	74	138	71	58	63	116	88	91	100	107	58	107	117
23-34............	975	80	149	73	62	71	124	123	103	117	126	60	150	118
35-50............	936	76	145	65	61	75	115	137	101	109	125	60	147	136
51-64............	751	84	151	70	113	81	123	153	109	118	133	66	148	157
65-74............	342	79	134	70	108	76	113	186	108	120	122	64	149	169
75 AND OVER......	194	94	140	76	110	78	121	166	112	125	123	66	143	151
ALL INDIVIDUALS...	3/9,037	84	164	85	102	83	134	136	113	133	125	76	172	152

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 30.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY, 1/ FALL 1977

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN 2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/105	106	188	161	157	196	205	224	240	300	124	133	262	199
1-2..............	3/256	103	227	102	56	133	133	177	157	211	120	121	189	152
3-5..............	482	96	208	100	81	105	127	164	141	185	133	95	174	158
6-8..............	487	87	222	120	118	103	154	169	121	168	119	93	184	181
MALES:														
9-11.............	278	83	217	108	103	91	145	135	115	147	113	94	178	175
12-14............	307	85	199	94	84	80	127	120	120	152	118	99	203	171
15-18............	329	92	183	98	91	76	138	123	129	150	128	92	216	154
19-22............	245	85	180	130	161	66	197	127	114	142	128	86	267	148
23-34............	626	93	183	114	166	92	195	128	117	135	137	83	226	137
35-50............	558	83	167	94	154	89	169	117	101	113	127	75	181	128
51-64............	503	89	162	96	160	90	169	159	126	[illegible]	146	80	261	145
65-74............	267	82	141	92	144	82	151	162	117	134	127	73	206	143
75 AND OVER......	110	89	132	95	140	76	147	153	118	129	118	70	151	146
FEMALES:														
9-11.............	245	80	189	99	93	88	130	141	112	140	104	84	157	178
12-14............	297	86	162	74	68	77	102	116	122	146	114	79	160	158
15-18............	363	82	150	64	62	69	91	107	109	127	112	63	143	115
19-22............	308	78	151	78	60	67	126	99	99	110	112	59	131	104
23-34............	1,066	79	145	75	59	71	122	112	101	111	117	57	133	116
35-50............	1,037	76	149	67	61	73	117	137	101	110	124	57	175	116
51-64............	774	84	146	71	114	82	120	151	107	117	129	63	154	139
65-74............	354	79	138	69	108	75	115	162	102	117	120	61	161	138
75 AND OVER......	198	91	131	74	106	75	115	151	103	115	112	60	116	123
ALL INDIVIDUALS...	3/9,196	85	168	89	102	65	138	138	115	135	124	75	179	140

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 3P.--NUTRITIVE VALUE OF FOOD INTAKE AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES
AVERAGE PER INDIVIDUAL PER DAY,1/ WINTER 1978

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/122	101	187	153	135	197	[illegible]	271	215	298	123	134	293	244
1-2..............	3/282	102	225	105	54	133	[illegible]	169	152	210	115	118	182	163
3-5..............	408	92	200	97	60	103	[illegible]	159	142	182	133	94	158	156
6-8..............	471	85	219	120	[illegible]	101	152	140	121	163	116	93	155	185
MALES:														
9-11.............	232	79	202	108	99	88	139	119	117	145	107	91	160	192
12-14............	273	85	198	98	81	81	128	117	115	151	113	95	197	175
15-18............	380	90	179	98	89	77	137	118	125	148	127	90	208	147
19-22............	267	79	170	109	152	78	178	114	101	124	120	78	239	138
23-34............	727	91	176	112	160	90	188	110	111	127	133	79	196	134
35-50............	635	85	165	96	156	90	172	118	106	118	128	77	185	146
51-64............	559	87	160	92	153	89	166	129	124	132	141	76	192	148
65-74............	274	79	139	86	137	79	149	131	113	124	123	67	187	143
75 AND OVER......	123	92	131	92	141	80	148	149	111	131	119	67	225	139
FEMALES:														
9-11.............	278	80	185	101	92	89	131	130	114	142	104	82	159	181
12-14............	268	82	152	72	62	73	97	102	113	136	105	72	138	147
15-18............	354	84	153	66	63	73	95	109	110	128	114	63	142	128
19-22............	337	75	143	77	60	66	120	102	97	107	109	58	128	124
23-34............	974	79	145	74	60	71	122	112	102	111	122	58	127	125
35-50............	948	75	146	68	60	75	118	125	100	109	123	58	146	120
51-64............	696	82	145	69	112	79	118	158	106	115	125	61	174	145
65-74............	334	78	138	68	107	73	114	149	103	114	119	59	151	154
75 AND OVER......	187	84	127	71	101	71	110	139	103	113	111	57	139	127
ALL INDIVIDUALS...	3/9,129	84	165	89	102	85	138	129	113	132	122	74	169	146

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

NOTE: SEE APPENDIX D FOR RDA VALUES.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 4-1.--NUTRITIVE VALUE OF FOOD INTAKE PER 1,000 KILOCALORIES AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY IN TOTAL DIET	NUTRIENT PER 1,000 KCAL					
			PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/421	793	35.6	40.6	113.0	951	23.2	154
1-2..............	2/1,035	1,209	41.0	41.8	117.3	625	6.9	137
3-5..............	1,719	1,466	39.1	42.0	118.7	519	6.6	128
6-8..............	1,841	1,774	39.1	42.7	117.4	516	6.5	128
MALES:								
9-11.............	939	2,040	39.2	43.5	115.3	483	6.6	124
12-14............	1,150	2,276	39.5	43.8	114.2	476	6.6	123
15-18............	1,394	2,568	40.4	45.1	109.5	454	6.5	120
19-22............	1,030	2,395	41.9	45.4	104.0	392	6.6	120
23-34............	2,716	2,418	41.2	46.2	100.3	355	6.6	129
35-50............	2,571	2,270	42.1	47.4	96.3	329	7.0	138
51-64............	2,161	2,158	42.6	47.1	98.2	346	7.3	147
65-74............	1,049	1,913	41.9	45.2	105.5	375	7.6	151
75 AND OVER......	465	1,866	40.9	45.3	107.0	387	7.7	148
FEMALES:								
9-11.............	1,011	1,849	38.7	43.0	117.1	494	6.5	127
12-14............	1,148	1,842	39.2	43.7	114.9	460	6.5	122
15-18............	1,473	1,748	40.2	44.4	111.5	433	6.4	121
19-22............	1,317	1,601	41.7	44.8	106.7	397	6.8	131
23-34............	3,879	1,603	42.1	45.6	103.6	381	6.9	140
35-50............	3,759	1,514	43.3	46.6	100.1	354	7.3	151
51-64............	2,936	1,528	43.3	45.9	102.7	366	7.5	161
65-74............	1,376	1,430	43.0	43.8	109.7	398	7.7	162
75 AND OVER......	751	1,417	41.4	43.2	113.3	419	7.5	159
ALL INDIVIDUALS...	2/36,142	1,826	41.4	45.0	106.6	415	7.2	139

Continued--

TABLE 4-1.--NUTRITIVE VALUE OF FOOD INTAKE PER 1,000 KILOCALORIES AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

ALL FOOD

SEX AND AGE (YEARS)	NUTRIENT PER 1,000 KCAL							
	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	805	5,463	1.14	1.93	11.2	0.76	3.15	101
1-2..............	742	2,916	.76	1.24	8.8	.79	2.92	57
3-5..............	673	2,600	.76	1.12	9.3	.78	2.67	49
6-8..............	669	2,641	.75	1.10	9.4	.78	2.66	46
MALES:								
9-11.............	650	2,682	.75	1.08	9.5	.78	2.77	43
12-14............	648	2,577	.73	1.05	9.4	.77	2.64	40
15-18............	645	2,445	.71	1.00	9.4	.74	2.65	38
19-22............	630	2,532	.67	.93	9.9	.75	2.99	38
23-34............	615	2,446	.64	.84	10.0	.73	2.60	36
35-50............	604	2,767	.65	.83	10.6	.76	2.60	38
51-64............	623	3,505	.69	.90	10.9	.82	3.30	45
65-74............	639	3,997	.73	.97	10.9	.84	3.35	49
75 AND OVER......	633	3,871	.74	.95	10.4	.82	2.74	48
FEMALES:								
9-11.............	653	2,631	.73	1.06	9.2	.77	2.54	46
12-14............	639	2,524	.71	1.00	9.3	.74	2.62	44
15-18............	633	2,485	.68	.94	9.3	.73	2.46	44
19-22............	638	2,544	.66	.88	10.0	.75	2.47	45
23-34............	632	3,054	.65	.87	10.3	.76	2.68	48
35-50............	626	3,576	.67	.88	11.0	.79	3.12	51
51-64............	637	4,178	.71	.93	11.3	.85	3.21	61
65-74............	650	4,770	.75	1.01	11.3	.88	3.24	67
75 AND OVER......	653	4,487	.75	1.02	10.7	.86	3.07	60
ALL INDIVIDUALS...	641	3,141	.70	.96	10.2	.78	2.84	48

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5A.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	---PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/421	7.9	1.3	1.3	1.4	1.3	1.1	1.2	1.2
1-2...............	2/1,035	40.5	8.5	8.1	8.8	8.4	7.1	7.8	7.4
3-5...............	1,719	51.6	11.7	11.0	11.7	12.0	11.0	10.4	10.6
6-8...............	1,841	73.5	20.5	20.9	21.1	20.2	22.5	17.9	20.0
MALES:									
9-11..............	939	77.1	22.1	22.3	22.6	21.8	24.4	19.2	21.8
12-14.............	1,150	78.6	21.6	21.5	21.8	21.8	23.5	19.0	20.8
15-18.............	1,394	75.3	21.5	20.8	21.5	22.0	21.5	19.3	19.8
19-22.............	1,030	71.8	24.3	23.5	23.9	24.9	22.2	23.0	22.3
23-34.............	2,716	78.7	24.5	23.1	24.2	25.2	22.6	23.1	23.0
35-50.............	2,571	69.6	19.0	18.6	18.9	19.1	17.9	18.4	18.4
51-64.............	2,161	58.2	14.9	14.8	15.2	14.3	13.6	14.1	14.1
65-74.............	1,049	35.3	9.0	9.4	9.8	7.8	7.4	8.2	7.9
75 AND OVER.......	465	26.8	6.2	6.8	6.9	5.3	4.6	5.8	5.5
FEMALES:									
9-11..............	1,011	75.7	21.7	21.8	22.2	21.7	24.2	19.0	21.3
12-14.............	1,148	76.4	21.5	20.8	21.7	21.8	22.9	18.8	20.4
15-18.............	1,473	75.2	23.6	22.7	23.6	24.2	23.2	21.7	22.0
19-22.............	1,317	71.1	22.0	21.2	21.8	21.9	19.5	20.5	20.1
23-34.............	3,879	64.1	18.3	17.5	18.4	18.3	16.1	17.2	16.6
35-50.............	3,[illegible]	58.6	14.7	14.1	15.1	14.3	13.3	13.5	13.1
51-64.............	2,936	47.8	12.1	12.0	12.5	11.5	10.5	11.2	10.6
65-74.............	1,376	37.2	9.1	9.6	10.1	7.8	7.0	8.4	7.6
75 AND OVER.......	751	26.5	6.1	6.8	6.8	5.2	4.9	5.6	5.1
ALL INDIVIDUALS.....	2/36,142	61.6	17.1	16.7	17.3	16.9	16.2	15.7	15.8

Continued--

TABLE 4-2.--NUTRITIVE VALUE OF FOOD INTAKE PER 1,000 KILOCALORIES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	NUTRIENT PER 1,000 KCAL					
			PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/33	125	39.6	38.9	121.1	691	8.5	135
1-2............	2/419	256	34.8	41.5	124.4	448	5.4	108
3-5............	886	332	33.6	39.7	129.6	456	5.3	110
6-8............	1,352	497	39.4	42.8	117.4	601	5.2	125
MALES:								
9-11............	724	584	38.9	43.0	117.6	566	5.3	122
12-14............	904	616	38.5	43.2	117.3	559	5.3	117
15-18............	1,050	727	37.1	42.6	118.4	477	5.4	108
19-22............	740	823	37.2	41.8	112.8	350	5.7	112
23-34............	2,138	734	34.5	41.3	112.0	345	6.7	224
35-50............	1,788	615	36.5	42.6	103.8	356	8.5	364
51-64............	1,259	539	38.3	44.0	97.6	407	9.5	479
65-74............	371	487	42.1	47.3	92.1	307	7.1	190
75 AND OVER.....	125	428	43.4	46.8	96.5	342	8.0	253
FEMALES:								
9-11............	765	532	38.1	42.6	119.6	600	5.3	124
12-14............	877	526	36.6	42.2	121.2	512	5.2	116
15-18............	1,108	548	36.1	42.0	119.9	439	5.5	113
19-22............	937	491	35.1	41.6	113.9	347	6.3	186
23-34............	2,487	460	35.5	42.1	111.2	334	7.1	203
35-50............	2,204	386	36.6	43.9	104.6	345	7.9	303
51-64............	1,404	384	38.7	44.4	101.5	361	8.7	342
65-74............	511	359	43.4	47.7	96.4	275	7.0	163
75 AND OVER.....	199	334	43.6	47.0	98.1	336	7.3	212
ALL INDIVIDUALS...	2/22,280	526	37.0	42.8	111.3	412	6.8	216

Continued--

TABLE 4-2.--NUTRITIVE VALUE OF FOOD INTAKE PER 1,000 KILOCALORIES AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

FOOD OBTAINED AND EATEN AWAY FROM HOME

SEX AND AGE (YEARS)	NUTRIENT PER 1,000 KCAL							
	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	755	4,376	0.67	1.30	7.8	0.66	3.88	39
1-2.............	595	2,001	.56	.91	7.3	.59	1.91	39
3-5.............	591	1,729	.55	.91	7.2	.56	1.97	37
6-8.............	706	2,178	.59	1.09	7.6	.63	2.50	36
MALES:								
9-11............	681	2,015	.58	1.02	7.5	.60	2.34	33
12-14...........	678	1,867	.56	1.01	7.3	.59	2.33	26
15-18...........	633	1,502	.55	.92	7.6	.57	2.12	26
19-22...........	586	1,599	.52	.81	8.8	.61	2.44	27
23-34...........	603	1,693	.49	.72	12.1	.56	2.08	23
35-50...........	661	2,175	.51	.75	16.9	.59	2.91	23
51-64...........	744	2,252	.50	.75	20.3	.62	2.65	25
65-74...........	608	2,369	.54	.72	12.2	.71	2.65	32
75 AND OVER.....	662	2,801	.53	.81	14.4	.71	2.40	29
FEMALES:								
9-11............	697	2,066	.58	1.06	7.2	.62	2.43	31
12-14...........	644	1,589	.56	.95	7.3	.57	2.29	32
15-18...........	616	1,624	.53	.84	7.8	.58	2.04	30
19-22...........	587	1,656	.48	.74	10.7	.58	2.02	29
23-34...........	624	1,888	.48	.69	11.3	.57	2.00	30
35-50...........	641	2,593	.49	.71	14.6	.59	2.89	35
51-64...........	689	2,787	.53	.74	16.3	.64	2.50	38
65-74...........	574	3,518	.55	.77	11.7	.70	3.14	35
75 AND OVER.....	636	3,432	.57	.76	12.8	.73	2.55	41
ALL INDIVIDUALS...	644	2,068	.53	.82	11.5	.60	2.38	30

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4-3.--NUTRITIVE VALUE OF FOOD INTAKE PER 1,000 KILOCALORIES AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	NUTRIENT PER 1,000 KCAL							
	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1..........	807	5,469	1.14	1.94	11.2	0.76	3.14	102
1-2.............	750	2,976	.77	1.26	8.8	.81	2.97	58
3-5.............	680	2,726	.78	1.14	9.5	.81	2.77	50
6-8.............	665	2,783	.79	1.12	9.8	.82	2.74	49
MALES:								
9-11............	644	2,858	.79	1.10	10.0	.83	2.94	46
12-14...........	646	2,839	.77	1.08	9.9	.83	2.81	44
15-18...........	652	2,741	.75	1.04	9.8	.78	2.84	41
19-22...........	642	2,687	.71	.97	10.1	.77	3.07	42
23-34...........	635	2,651	.68	.87	10.4	.77	2.64	42
35-50...........	614	2,887	.68	.85	10.8	.79	2.52	43
51-64...........	631	3,685	.72	.94	11.0	.84	3.41	50
65-74...........	645	4,103	.75	1.00	11.0	.85	3.40	52
75 AND OVER.....	637	3,892	.75	.97	10.4	.83	2.73	50
FEMALES:								
9-11............	649	2,849	.77	1.08	9.8	.82	2.66	50
12-14...........	640	2,844	.75	1.03	9.7	.79	2.86	48
15-18...........	639	2,790	.73	.98	9.6	.77	2.60	49
19-22...........	647	2,767	.71	.92	10.1	.78	2.46	52
23-34...........	650	3,257	.68	.9[illegible]	10.6	.78	2.77	53
35-50...........	636	3,615	.70	.89	11.3	.81	2.96	55
51-64...........	647	4,260	.73	.95	11.5	.87	3.22	66
65-74...........	657	4,816	.77	1.03	11.3	.89	3.15	71
75 AND OVER.....	655	4,475	.77	1.03	10.7	.87	3.05	62
ALL INDIVIDUALS...	649	3,294	.73	.99	10.5	.81	2.88	52

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4-3.--NUTRITIVE VALUE OF FOOD INTAKE PER 1,000 KILOCALORIES
AVERAGE PER INDIVIDUAL PER DAY,1/ 1977-78

FOOD FROM HOME

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	NUTRIENT PER 1,000 KCAL					
			PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1..........	2/421	783	35.7	40.6	113.1	955	23.2	154
1-2.............	2/1,035	1,105	41.1	41.6	117.6	637	7.0	139
3-5.............	1,719	1,295	39.5	42.0	118.3	524	6.8	130
6-8.............	1,837	1,412	39.0	42.4	118.2	503	6.8	130
MALES:								
9-11............	938	1,591	39.2	43.2	116.1	466	6.9	125
12-14...........	1,147	1,797	39.7	43.7	114.1	466	6.9	125
15-18...........	1,389	2,028	40.9	45.0	109.3	460	6.8	125
19-22...........	1,020	1,823	42.2	45.3	104.6	409	6.8	125
23-34...........	2,693	1,857	41.9	46.0	100.6	375	6.9	140
35-50...........	2,567	1,845	42.2	47.0	97.3	341	7.2	148
51-64...........	2,137	1,865	42.6	46.7	99.8	358	7.4	149
65-74...........	1,046	1,746	41.6	44.6	107.6	385	7.7	154
75 AND OVER.....	465	1,752	40.6	44.9	108.5	399	7.8	150
FEMALES:								
9-11............	1,009	1,449	38.8	42.7	117.5	477	6.8	129
12-14...........	1,147	1,442	39.6	43.6	114.5	451	6.8	125
15-18...........	1,465	1,344	40.5	44.2	111.5	441	6.7	125
19-22...........	1,310	1,258	42.1	44.7	107.9	416	6.9	134
23-34...........	3,871	1,311	42.5	45.3	104.6	400	7.1	151
35-50...........	3,754	1,290	43.5	46.1	101.6	364	7.5	159
51-64...........	2,931	1,348	43.3	45.5	104.3	378	7.7	166
65-74...........	1,376	1,297	42.6	43.1	112.1	411	7.8	166
75 AND OVER.....	751	1,328	41.0	42.8	114.9	427	7.6	162
ALL INDIVIDUALS...	2/36,026	1,506	41.6	44.7	107.5	423	7.3	144

Continued--

TABLE 5A.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1..............	1.2	1.2	1.3	1.2	1.3	1.3	1.3	1.1
1-2................	7.7	6.9	7.3	7.2	8.2	7.4	7.4	7.8
3-5................	10.9	9.2	9.7	10.3	10.3	9.6	10.4	10.1
6-8................	21.2	18.4	17.4	19.9	18.2	17.8	20.5	17.5
MALES:								
9-11...............	22.7	19.6	18.5	21.1	19.2	18.6	21.8	19.2
12-14..............	22.0	17.9	18.2	20.5	18.7	18.1	21.1	17.8
15-18..............	21.1	16.7	18.3	20.0	19.2	18.3	20.4	17.4
19-22..............	23.3	20.0	21.3	22.3	23.3	22.2	23.4	20.7
23-34..............	23.2	20.0	22.1	22.6	23.7	21.8	22.7	19.7
35-50..............	18.5	15.6	17.1	18.0	18.9	17.4	19.4	14.8
51-64..............	14.3	12.3	12.7	13.3	14.6	13.4	14.5	10.8
65-74..............	8.5	7.7	7.5	7.4	8.8	8.5	8.6	6.9
75 AND OVER........	5.8	5.4	4.9	5.1	6.4	5.8	6.5	4.5
FEMALES:								
9-11...............	22.4	19.1	18.6	21.3	18.8	18.9	22.0	18.4
12-14..............	21.5	17.4	18.4	20.5	18.6	18.0	20.9	17.6
15-18..............	23.1	18.5	20.3	21.9	21.8	20.6	22.7	18.5
19-22..............	20.8	17.7	18.8	20.1	21.4	20.1	21.1	18.2
23-34..............	17.1	14.9	16.1	16.4	17.6	16.3	17.1	14.9
35-50..............	13.8	12.3	12.7	13.2	13.8	13.1	14.1	11.8
51-64..............	11.2	10.2	10.4	10.6	11.6	10.8	11.6	8.9
65-74..............	8.5	7.8	7.5	7.7	9.2	8.3	8.9	6.7
75 AND OVER........	5.8	5.6	5.0	5.1	6.3	5.8	5.5	4.6
ALL INDIVIDUALS.....	16.5	14.1	14.8	15.7	16.0	15.1	16.4	13.8

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 58.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1............	0.3	0.3	0.2	0.3	0.2	0.3	0.3	0.3
1-2................	5.0	5.0	4.4	4.6	5.5	4.9	5.0	4.8
3-5................	8.7	8.4	7.4	8.2	7.3	7.2	8.0	7.5
6-8................	23.2	22.0	19.3	22.0	19.8	19.7	22.1	19.6
MALES:								
9-11...............	23.0	22.2	18.4	22.1	19.2	19.0	24.2	22.2
12-14..............	21.0	18.0	17.4	20.0	16.8	17.8	20.7	17.9
15-18..............	21.7	17.4	18.0	20.3	19.5	18.4	21.1	19.6
19-22..............	26.8	22.4	22.9	26.4	25.6	24.6	27.0	22.0
23-34..............	19.9	15.6	19.2	18.8	19.4	19.3	17.8	17.8
35-50..............	16.[illegible]	16.3	15.5	16.3	16.1	15.3	17.3	13.1
51-64..............	9.[illegible]	8.5	9.0	9.4	11.1	10.4	9.6	8.2
65-74..............	7.0	6.4	6.2	6.1	7.3	7.5	6.5	6.9
75 AND OVER........	6.5	6.0	5.5	5.7	6.7	6.5	7.3	5.6
FEMALES:								
9-11...............	25.0	21.7	21.1	24.1	20.5	20.4	25.1	23.4
12-14..............	20.6	18.8	16.7	20.0	16.9	16.1	20.3	17.5
15-18..............	23.1	21.3	20.9	22.2	22.8	21.[illegible]	22.6	21.1
19-22..............	19.2	14.8	16.3	18.5	19.4	[illegible]	18.8	15.0
23-34..............	10.6	9.8	9.7	10.2	10.9	10.[illegible]	11.0	8.4
35-50..............	9.3	8.8	8.8	9.1	9.4	[illegible]	8.9	8.6
51-64..............	8.0	8.0	7.5	7.5	8.8	[illegible].3	8.8	6.9
65-74..............	7.1	6.9	6.2	6.4	7.4	6.9	7.7	5.4
75 AND OVER........	6.0	5.5	5.0	5.0	6.2	5.[illegible]	5.3	4.6
ALL INDIVIDUALS....	1[illegible].3	11.1	10.8	11.7	11.8	11.4	12.2	10.6

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5C.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/55	11.0	2.1	1.9	1.9	2.3	1.8	1.8	2.0
1-2...............	2/127	28.5	7.7	7.7	7.9	7.7	6.8	7.2	7.2
3-5...............	243	42.7	11.7	11.2	11.8	11.9	10.7	11.0	11.0
6-8...............	197	73.5	23.4	24.2	23.8	23.1	26.9	20.7	24.0
MALES:									
9-11..............	94	76.1	22.7	23.9	24.3	21.2	25.4	20.2	23.0
12-14.............	140	82.3	24.2	23.6	23.9	25.1	25.9	22.3	24.4
15-18.............	133	76.9	22.5	22.5	22.8	22.6	24.1	20.7	21.5
19-22.............	121	69.0	19.5	18.7	19.3	19.4	17.8	17.3	18.0
23-34.............	309	71.7	20.4	18.5	20.1	21.1	17.8	18.9	19.1
35-50.............	203	53.9	13.1	13.2	12.9	13.3	13.4	13.3	13.0
51-64.............	218	30.1	7.1	7.1	7.0	7.0	6.0	6.8	6.5
65-74.............	242	34.0	8.2	9.1	8.8	7.2	6.4	7.6	7.2
75 AND OVER.......	84	19.9	4.8	5.8	5.9	3.3	2.9	4.9	4.1
FEMALES:									
9-11..............	118	85.4	26.3	26.3	27.6	25.5	29.1	23.3	26.1
12-14.............	130	68.1	21.8	21.0	23.0	21.5	24.6	18.8	21.6
15-18.............	140	71.6	20.5	19.9	20.9	20.7	21.6	18.7	19.9
19-22.............	183	61.7	18.7	17.4	18.6	19.6	16.3	17.3	17.7
23-34.............	462	57.2	17.3	16.5	17.9	17.1	15.4	16.2	15.8
35-50.............	340	44.9	11.1	10.5	11.6	10.6	10.2	9.7	9.7
51-64.............	380	44.5	10.5	10.9	11.0	9.9	9.8	9.9	9.5
65-74.............	226	40.6	9.9	10.8	10.7	8.8	7.7	9.4	8.5
75 AND OVER.......	104	27.1	4.6	5.3	5.6	3.5	3.0	4.5	3.3
ALL INDIVIDUALS.....	2/4,249	53.4	14.8	14.6	15.2	14.6	14.3	13.7	14.0

Continued--

TABLE 5C.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1...........	1.9	1.2	1.9	1.8	1.8	1.9	1.5	1.6
1-2...............	7.4	7.7	7.4	6.9	7.8	7.1	7.0	3.5
3-5...............	11.2	10.8	10.2	10.4	10.8	10.0	10.3	10.6
6-8...............	24.9	22.5	20.7	23.7	21.8	21.2	24.6	22.2
MALES:								
9-11..............	23.9	24.4	19.5	22.6	20.7	20.6	25.0	20.9
12-14.............	24.6	21.1	21.2	23.7	21.2	21.6	25.5	24.3
15-18.............	22.8	19.4	19.6	22.3	21.4	20.6	23.1	18.2
19-22.............	18.6	14.1	16.4	17.3	18.8	17.9	16.8	17.5
23-34.............	18.6	17.0	17.9	17.9	19.7	18.3	17.8	17.3
35-50.............	13.8	12.1	12.3	13.8	13.9	12.8	15.7	11.7
51-64.............	6.8	4.6	6.1	6.1	7.1	6.3	6.6	5.6
65-74.............	7.7	8.0	6.8	6.8	8.4	7.8	8.1	6.5
75 AND OVER.......	4.5	3.5	3.5	3.6	5.5	4.6	5.1	2.9
FEMALES:								
9-11..............	26.8	24.3	23.3	26.2	23.6	23.4	26.8	26.2
12-14.............	21.8	18.8	19.1	21.1	18.9	18.7	21.9	19.1
15-18.............	20.6	17.0	17.6	19.7	18.6	18.1	21.4	15.2
19-22.............	17.5	14.3	16.1	17.2	18.0	15.9	16.7	16.6
23-34.............	16.3	14.4	15.2	15.7	16.5	15.4	17.0	14.6
35-50.............	10.4	9.9	9.8	9.8	10.0	9.7	9.2	9.5
51-64.............	10.0	8.9	9.0	9.0	10.7	10.2	10.5	7.7
65-74.............	9.3	9.4	8.6	8.3	10.0	9.7	9.0	8.1
75 AND OVER.......	4.1	4.6	3.7	4.0	4.8	4.0	4.2	2.4
ALL INDIVIDUALS.....	14.5	12.9	13.0	13.7	14.1	13.4	14.5	12.8

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 50.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1	2/117	9.2	1.3	1.3	1.5	1.2	1.0	1.1	1.1
1-2	2/283	47.4	10.3	9.9	10.8	10.1	8.6	9.4	9.0
3-5	406	50.0	10.7	10.2	10.9	10.9	10.2	9.4	9.9
6-8	468	72.6	19.1	19.4	19.5	18.9	21.1	16.2	18.5
MALES:									
9-11	200	75.7	21.3	21.2	21.2	21.7	23.6	18.4	21.3
12-14	222	74.3	19.3	19.8	19.6	19.2	21.6	16.8	18.9
15-18	240	73.0	19.9	18.7	20.1	20.2	20.3	17.0	18.2
19-22	166	74.6	26.2	24.8	26.7	27.0	24.2	25.1	23.9
23-34	695	79.6	22.8	21.5	22.1	24.1	21.0	21.8	21.1
35-50	508	65.0	16.7	15.7	16.2	17.5	15.4	15.5	15.6
51-64	412	57.7	12.9	12.4	12.7	13.1	11.9	12.3	11.8
65-74	152	44.7	10.3	11.0	12.4	7.9	7.9	9.0	9.4
75 AND OVER	47	35.1	5.5	5.9	5.9	4.6	3.7	4.5	4.1
FEMALES:									
9-11	225	74.7	22.6	22.3	23.0	22.7	24.5	19.8	22.3
12-14	244	75.3	22.1	21.3	21.9	22.9	23.0	19.3	20.9
15-18	260	71.4	23.8	23.1	23.5	24.6	24.2	22.2	23.3
19-22	209	70.4	22.6	22.2	22.4	23.0	20.6	21.7	20.7
23-34	1,009	64.2	18.0	17.2	18.1	17.8	15.2	16.9	16.3
35-50	673	60.6	15.0	14.7	15.3	14.6	13.0	13.6	13.4
51-64	521	47.0	11.8	11.7	12.5	11.2	10.0	11.0	10.1
65-74	167	42.1	10.3	10.6	11.1	8.9	7.7	9.3	8.1
75 AND OVER	62	35.5	7.4	8.4	7.4	6.9	5.8	6.5	6.4
ALL INDIVIDUALS	2/7,286	62.9	16.9	16.4	17.1	17.0	16.0	15.5	15.7

Continued--

TABLE 5D.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1...........	1.1	1.9	1.2	1.3	1.4	1.3	1.5	1.0
1-2...............	9.2	8.5	8.7	8.6	10.0	9.5	9.2	9.5
3-5...............	10.2	8.3	9.0	9.6	9.5	9.1	9.8	8.9
6-8...............	19.6	16.6	15.9	18.4	16.2	16.0	19.4	16.4
MALES:								
9-11..............	22.0	18.1	18.5	20.7	18.8	18.7	20.8	18.9
12-14.............	20.1	16.0	16.5	18.6	17.2	16.4	19.1	15.8
15-18.............	19.3	14.8	17.0	18.1	17.1	16.0	18.3	14.8
19-22.............	25.5	24.5	24.3	24.4	23.7	23.6	26.2	23.7
23-34.............	21.4	18.2	20.4	20.7	21.9	19.9	21.0	18.3
35-50.............	15.9	13.0	15.1	15.2	15.8	14.7	15.2	12.4
51-64.............	12.2	10.9	10.8	11.5	12.4	11.4	13.0	8.4
65-74.............	9.8	8.3	7.5	7.6	10.3	9.6	9.8	6.9
75 AND OVER.......	4.9	4.6	3.7	3.8	5.5	4.4	6.0	2.5
FEMALES:								
9-11..............	23.0	20.4	19.5	21.2	18.7	19.9	21.4	19.1
12-14.............	22.0	17.1	19.1	21.0	19.5	18.8	21.8	18.1
15-18.............	23.9	18.7	21.4	22.6	22.5	21.4	22.8	18.9
19-22.............	21.5	18.2	19.4	20.6	22.1	21.1	20.9	19.7
23-34.............	16.6	14.3	15.8	15.8	17.9	16.3	16.5	14.7
35-50.............	14.3	11.8	13.0	13.4	14.1	13.5	14.5	12.6
51-64.............	11.1	9.2	10.0	10.5	11.4	10.5	11.7	8.3
65-74.............	9.5	7.8	7.6	8.4	10.2	8.9	9.6	6.7
75 AND OVER.......	6.8	6.9	5.9	6.2	8.4	7.3	5.5	5.7
ALL INDIVIDUALS.....	16.3	13.7	14.7	15.4	15.8	14.9	16.1	13.7

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5E.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/115	8.2	1.3	1.3	1.4	1.2	1.3	1.1	1.2
1-2................	2/271	48.0	9.5	8.4	9.5	9.8	7.6	8.5	8.0
3-5................	532	63.7	13.3	12.3	13.0	14.1	12.3	11.7	11.7
6-8................	594	74.7	19.8	20.0	20.2	19.6	20.0	17.6	18.5
MALES:									
9-11...............	328	80.5	21.4	21.9	21.9	21.2	23.7	18.6	21.0
12-14..............	437	81.9	21.7	21.7	21.8	21.7	22.4	19.1	20.0
15-18..............	555	78.7	21.9	21.1	21.9	22.4	21.0	19.6	19.6
19-22..............	313	73.3	26.3	25.5	25.7	27.1	23.3	25.0	24.1
23-34..............	953	84.0	27.3	25.9	27.2	27.5	25.9	25.7	26.2
35-50..............	1,219	77.8	22.1	21.6	22.1	21.9	21.0	21.4	21.4
51-64..............	760	69.9	18.4	18.1	19.1	17.4	17.2	17.3	17.8
65-74..............	115	54.5	13.4	13.2	15.2	11.6	11.3	12.3	11.9
75 AND OVER........	35	46.2	10.1	10.8	10.0	9.5	9.4	8.6	8.1
FEMALES:									
9-11...............	339	74.5	20.2	20.5	20.4	20.2	21.6	18.0	19.5
12-14..............	413	81.4	21.7	20.7	21.5	22.4	22.1	19.2	19.8
15-18..............	559	8[illegible].4	26.3	25.1	25.9	27.0	24.7	24.3	23.8
19-22..............	367	80.6	26.7	25.7	26.1	26.3	23.7	24.6	24.5
23-34..............	1,254	72.8	20.7	19.8	20.8	20.7	18.2	19.3	18.3
35-50..............	1,507	67.8	17.2	16.6	17.7	16.8	15.4	16.1	15.4
51-64..............	777	60.4	15.9	15.4	16.2	15.4	14.4	14.5	14.1
65-74..............	117	50.2	10.6	11.0	12.0	8.6	7.5	9.1	8.9
75 AND OVER........	63	26.0	7.5	7.7	8.0	6.7	5.9	7.1	6.3
ALL INDIVIDUALS.....	2/11,624	72.3	20.1	19.5	20.2	20.0	18.9	18.5	18.5

Continued--

TABLE 5E.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES

SEX AND AGE (YEARS)	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1............	1.3	0.9	1.0	1.2	1.1	1.1	1.5	0.9
1-2...............	8.2	6.4	8.0	7.9	8.7	7.5	7.5	7.9
3-5...............	12.2	9.6	10.8	11.6	11.9	10.6	11.5	11.6
6-8...............	19.7	16.5	16.6	18.5	17.7	16.7	18.9	15.6
MALES:								
9-11..............	22.1	18.4	18.0	20.5	18.6	17.7	21.2	18.0
12-14.............	21.6	17.4	18.0	20.0	19.1	17.6	20.4	17.0
15-18.............	21.2	16.2	18.4	19.7	19.2	18.3	19.9	17.1
19-22.............	24.8	20.7	21.9	23.5	25.7	23.9	24.9	21.5
23-34.............	26.3	22.6	25.0	25.6	26.5	24.4	26.0	21.8
35-50.............	21.6	18.2	19.7	21.2	21.9	20.2	22.9	16.8
51-64.............	17.7	16.4	15.7	16.5	17.7	16.4	17.4	13.5
65-74.............	12.4	9.7	11.7	10.6	11.5	11.2	12.5	8.3
75 AND OVER.......	9.7	8.8	6.8	9.4	9.5	8.1	12.1	7.4
FEMALES:								
9-11..............	20.8	17.1	16.9	19.2	18.0	17.3	20.1	15.5
12-14.............	21.2	16.6	18.8	20.4	18.3	17.6	20.4	17.1
15-18.............	25.3	19.9	22.3	24.2	24.2	22.8	25.1	19.9
19-22.............	25.9	22.5	23.2	24.9	26.0	25.6	26.0	22.2
23-34.............	19.2	16.5	17.9	18.5	19.6	18.2	19.1	15.6
35-50.............	16.0	14.1	15.0	15.3	16.4	15.3	16.2	13.3
51-64.............	14.8	14.3	13.5	14.1	14.8	13.7	14.5	11.6
65-74.............	9.4	7.8	8.6	8.2	11.2	9.5	8.9	8.1
75 AND OVER.......	6.9	5.9	6.1	5.5	7.9	7.4	7.3	6.9
ALL INDIVIDUALS.....	19.3	16.3	17.3	18.4	18.8	17.6	19.1	15.6

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5F.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1	1.3	1.4	1.9	1.2	2.0	1.7	1.1	1.5
1-2	6.9	6.2	6.1	6.2	7.0	6.3	6.6	6.6
3-5	11.0	9.1	9.8	10.5	10.5	9.7	10.9	10.3
6-8	22.4	19.6	18.0	21.1	18.9	19.1	21.5	18.5
MALES:								
9-11	23.8	19.5	18.9	21.4	19.9	18.9	21.1	19.1
12-14	23.1	18.8	18.5	21.5	18.8	18.5	22.0	17.3
15-18	21.5	17.3	18.7	20.7	19.7	18.8	21.2	18.7
19-22	21.5	18.5	20.6	20.9	21.8	20.9	22.0	19.3
23-34	23.7	20.9	22.3	23.5	24.6	22.2	23.1	19.8
35-50	16.1	13.3	15.0	15.5	17.4	15.6	17.2	14.0
51-64	15.1	12.0	13.5	13.9	15.8	14.3	16.0	11.7
65-74	8.1	7.6	7.5	7.5	8.5	8.2	8.6	6.9
75 AND OVER	5.2	5.3	4.8	4.7	6.1	5.6	5.2	4.2
FEMALES:								
9-11	20.8	17.0	16.7	20.4	16.8	17.0	21.3	15.6
12-14	21.9	17.8	17.3	20.2	18.6	18.1	20.7	17.2
15-18	20.5	16.3	17.3	19.1	18.8	17.6	19.7	16.6
19-22	18.1	15.9	16.7	17.5	19.1	17.3	19.4	15.8
23-34	17.5	15.7	16.7	17.1	17.7	16.7	17.6	16.9
35-50	12.5	11.4	11.1	12.3	12.0	11.6	13.7	10.7
51-64	10.1	8.7	9.7	9.7	10.5	9.7	10.8	8.2
65-74	8.8	7.8	8.0	8.2	9.7	8.5	9.8	6.7
75 AND OVER	5.9	5.9	4.8	5.1	6.0	5.5	6.0	4.5
ALL INDIVIDUALS	15.8	13.5	14.1	15.1	15.4	14.4	16.0	13.3

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5H.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1	1.8	1.6	1.8	1.6	1.8	1.8	1.8	1.2
1-2	7.7	6.6	7.2	7.3	8.3	7.3	7.5	7.1
3-5	10.5	8.0	9.3	10.0	10.3	9.0	10.0	9.5
6-8	17.1	15.9	15.4	17.9	16.2	16.0	18.5	14.9
MALES:								
9-11	21.6	16.7	17.1	19.6	18.1	17.3	20.1	16.8
12-14	20.3	16.1	16.2	18.9	17.1	16.7	19.8	16.3
15-18	21.1	16.7	18.1	20.1	19.0	18.5	20.1	17.0
19-22	27.4	24.4	25.2	26.7	26.8	26.0	27.8	23.6
23-34	22.6	18.6	20.9	21.9	23.0	21.0	22.5	18.3
35-50	19.4	15.5	17.4	18.7	20.0	18.2	20.7	15.1
51-64	15.7	13.1	13.8	14.5	15.8	14.3	16.0	11.5
65-74	8.2	7.8	7.2	6.9	8.4	8.2	8.4	7.0
75 AND OVER	5.1	4.9	4.3	4.3	5.9	5.3	5.4	4.3
FEMALES:								
9-11	21.1	17.1	16.8	20.0	16.7	17.2	20.8	15.4
12-14	21.8	17.0	19.0	21.1	19.1	18.3	21.2	17.3
15-18	23.8	19.1	21.0	22.9	22.5	21.5	23.5	18.1
19-22	21.8	17.9	19.8	21.1	21.5	20.7	22.6	18.7
23-34	17.5	15.4	16.4	17.2	18.3	16.7	18.7	15.4
35-50	15.1	13.8	14.1	14.6	15.4	14.7	15.8	13.2
51-64	11.8	10.5	10.9	11.3	12.1	11.0	12.1	8.8
65-74	9.1	8.5	8.3	8.2	9.8	8.8	9.1	6.9
75 AND OVER	5.8	5.2	5.0	4.9	5.6	5.0	4.9	4.2
ALL INDIVIDUALS	17.0	14.3	15.1	16.2	16.5	15.5	17.2	13.8

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5F.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	--------	--------	--------	PERCENT	--------	--------	--------	--------
MALES AND FEMALES:									
UNDER 1............	2/80	7.4	1.5	1.6	1.5	1.7	1.1	1.9	1.5
1-2...............	2/216	36.6	7.3	7.4	7.8	7.0	6.2	6.7	6.5
3-5...............	336	47.1	11.7	11.1	11.9	11.8	11.0	10.5	10.8
6-8...............	397	74.0	21.3	22.1	22.3	20.5	23.8	18.5	21.2
MALES:									
9-11..............	217	76.5	23.5	23.3	24.4	23.0	25.0	20.2	23.2
12-14.............	258	78.4	22.4	22.1	23.0	22.5	25.4	19.1	21.8
15-18.............	354	74.1	21.9	21.2	21.6	22.5	21.9	19.9	20.3
19-22.............	338	69.9	22.7	21.7	21.8	23.4	20.5	21.6	20.5
23-34.............	593	77.4	25.2	23.7	24.9	25.8	22.8	23.4	23.1
35-50.............	547	64.8	16.8	16.7	16.7	16.7	15.1	16.6	16.8
51-64.............	630	59.4	15.6	16.0	16.2	14.9	14.0	15.0	14.9
65-74.............	287	30.1	8.3	8.8	9.1	7.1	7.3	8.0	7.4
75 AND OVER.......	136	23.7	5.8	6.0	6.2	5.2	4.4	5.2	5.0
FEMALES:									
9-11..............	220	74.6	19.8	19.9	20.0	19.9	23.2	16.9	19.2
12-14.............	266	77.2	21.0	20.8	21.3	20.9	22.7	18.6	20.7
15-18.............	397	71.3	20.8	20.0	21.1	21.2	21.0	18.7	19.3
19-22.............	402	70.4	19.3	18.6	19.6	19.1	17.1	18.6	17.8
23-34.............	805	64.5	18.6	[illegible]	18.4	18.9	17.0	17.8	17.3
35-50.............	967	54.4	13.1	[illegible]	13.7	12.7	12.4	12.0	11.7
51-64.............	878	45.3	11.0	10.9	11.4	10.3	9.2	10.1	9.4
65-74.............	413	38.2	9.5	9.8	10.7	8.2	7.3	8.9	8.1
75 AND OVER.......	218	26.2	6.3	6.9	7.2	5.2	5.1	5.5	5.1
ALL INDIVIDUALS.....	2/8,957	59.2	16.3	16.0	16.6	16.1	15.5	15.1	15.2

Continued--

TABLE 58.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/54	2.1	0.3	0.3	0.3	0.3	0.3	0.2	0.2
1-2................	2/137	28.9	5.4	5.3	5.8	5.1	4.4	5.3	4.7
3-5................	202	41.1	9.0	8.5	9.1	9.1	9.5	7.7	8.2
6-8................	186	70.4	21.8	21.9	22.5	21.6	26.1	19.2	22.2
MALES:									
9-11...............	99	70.7	22.1	22.0	22.5	22.1	26.3	19.5	21.7
12-14..............	93	68.4	20.4	19.5	20.6	21.3	24.4	18.0	20.6
15-18..............	113	64.9	20.8	20.8	20.7	21.5	22.6	18.9	20.0
19-22..............	92	72.4	26.7	26.8	27.1	26.3	26.7	24.4	25.1
23-34..............	166	61.8	21.1	19.6	20.3	21.9	18.3	20.3	20.0
35-50..............	93	48.5	17.0	16.6	17.2	17.0	16.4	16.4	15.5
51-64..............	142	35.1	10.2	10.8	10.2	10.1	9.3	10.2	9.3
65-74..............	254	28.1	7.7	7.5	7.5	7.4	6.3	6.7	6.5
75 AND OVER........	162	26.4	6.7	7.3	7.5	5.8	4.8	6.7	6.6
FEMALES:									
9-11...............	108	73.4	24.0	23.5	25.0	23.7	27.9	20.0	23.5
12-14..............	95	67.0	20.2	19.4	21.0	19.9	23.6	16.3	19.7
15-18..............	117	62.1	23.9	23.5	24.3	23.9	23.1	22.2	22.1
19-22..............	155	62.7	21.0	20.4	20.8	19.9	18.4	18.1	18.2
23-34..............	349	40.9	11.4	10.9	11.5	11.1	10.0	10.8	10.2
35-50..............	273	35.2	9.8	9.3	9.7	10.3	9.3	9.1	9.1
51-64..............	380	32.5	8.7	8.8	8.9	8.3	7.1	8.6	7.5
65-74..............	453	29.3	7.5	8.2	8.4	6.4	6.1	6.9	6.2
75 AND OVER........	303	24.7	5.9	6.7	6.6	5.2	5.0	5.6	5.3
ALL INDIVIDUALS.....	2/4,026	42.8	12.6	12.5	12.9	12.3	12.3	11.5	11.7

Continued--

TABLE 5G.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1............	1.0	0.8	1.1	1.0	1.2	1.2	0.9	1.0
1-2...............	6.6	6.1	6.2	6.2	7.1	6.5	6.3	6.9
3-5...............	9.6	8.6	8.7	9.1	9.1	8.6	9.3	9.3
6-8...............	19.8	16.6	16.7	18.6	17.2	16.9	19.1	17.4
MALES:								
9-11..............	21.7	18.0	17.5	20.5	17.7	17.7	21.3	18.9
12-14.............	22.2	17.9	18.4	20.9	18.1	17.9	21.7	17.5
15-18.............	19.8	14.9	17.2	18.5	18.3	16.9	19.2	16.3
19-22.............	19.0	16.2	17.0	17.8	18.4	17.1	18.3	16.7
23-34.............	25.3	21.8	25.0	25.0	26.0	24.1	24.9	22.4
35-50.............	18.9	17.4	18.2	18.9	18.6	17.5	19.4	15.3
51-64.............	14.8	13.3	13.7	14.0	15.2	14.0	15.1	12.1
65-74.............	9.2	8.1	8.6	8.2	9.5	8.8	9.6	6.6
75 AND OVER.......	4.9	5.3	4.0	4.8	5.6	5.3	5.8	3.8
FEMALES:								
9-11..............	20.8	16.9	17.3	19.5	17.1	16.7	20.0	18.2
12-14.............	18.8	14.4	15.0	17.4	16.0	15.3	18.5	15.5
15-18.............	19.7	15.1	17.3	18.5	19.1	17.7	19.7	16.1
19-22.............	19.8	17.3	16.9	19.0	20.4	18.8	19.9	16.0
23-34.............	17.8	15.6	16.5	16.9	18.0	16.9	17.4	15.4
35-50.............	13.3	10.9	12.4	12.7	12.7	12.1	13.5	10.6
51-64.............	11.8	11.1	10.9	11.4	12.1	11.3	12.4	9.3
65-74.............	7.8	7.9	6.9	7.1	8.3	7.6	8.6	6.1
75 AND OVER.......	6.6	6.8	5.7	5.6	7.7	6.9	5.9	6.2
ALL INDIVIDUALS.....	16.0	13.7	14.5	15.2	15.5	14.6	15.9	13.5

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5G.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/126	5.7	1.1	1.1	1.0	1.2	1.0	1.0	1.0
1-2................	2/306	37.7	7.2	6.9	7.4	7.2	6.2	6.9	6.5
3-5................	521	46.4	10.4	9.7	10.4	10.7	9.7	9.4	9.6
6-8................	482	69.2	18.9	19.3	19.7	18.5	21.2	17.1	19.0
MALES:									
9-11...............	264	73.8	20.6	20.7	21.2	20.3	23.8	17.8	21.0
12-14..............	287	77.5	21.5	20.9	21.6	22.0	24.2	19.1	20.9
15-18..............	387	71.4	20.3	19.3	20.2	20.7	20.1	18.1	18.9
19-22..............	318	65.5	20.2	18.5	19.7	20.7	18.4	18.4	18.0
23-34..............	846	77.7	26.8	25.4	26.7	27.3	24.6	25.6	25.0
35-50..............	657	66.7	19.4	18.6	19.2	20.2	18.8	18.8	18.8
51-64..............	565	57.7	15.7	15.3	16.0	15.3	14.4	15.0	14.5
65-74..............	300	37.9	9.9	10.2	10.6	8.8	8.3	9.0	8.6
75 AND OVER........	147	22.4	5.2	5.9	6.0	4.1	3.8	5.1	4.6
FEMALES:									
9-11...............	269	69.7	20.5	19.9	20.6	20.8	22.3	18.1	19.8
12-14..............	305	72.2	18.5	17.9	18.7	18.8	19.7	15.8	18.1
15-18..............	424	71.1	20.6	19.4	20.6	21.1	19.5	19.0	19.2
19-22..............	408	69.4	21.2	20.2	20.6	21.3	18.7	19.5	19.1
23-34..............	1,216	60.3	19.0	18.0	19.0	18.9	16.8	17.7	17.4
35-50..............	1,097	52.5	13.9	13.2	14.0	13.9	13.1	12.7	12.5
51-64..............	850	46.5	12.7	12.6	13.4	11.9	11.6	11.7	11.0
65-74..............	446	34.7	8.5	9.1	9.9	6.9	6.5	7.9	6.7
75 AND OVER........	240	24.5	7.0	8.1	7.9	5.9	5.3	6.5	6.3
ALL INDIVIDUALS.....	2/10,462	58.1	16.6	16.1	16.8	16.5	15.8	15.3	15.4

Continued--

TABLE 5M.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1...........	2/150	11.2	1.9	1.9	2.0	1.8	1.6	1.8	1.7
1-2...............	2/389	41.8	8.5	8.2	8.8	8.5	7.1	7.8	7.2
3-5...............	639	52.4	11.5	10.7	11.3	11.9	10.6	10.1	10.1
6-8...............	737	71.2	18.5	19.1	19.0	18.1	20.2	15.7	17.7
MALES:									
9-11..............	346	79.7	21.3	21.4	21.9	20.9	22.7	18.2	20.3
12-14.............	457	78.5	20.0	19.9	20.2	20.2	21.8	17.4	19.1
15-18.............	544	78.3	21.4	20.8	21.2	21.9	21.4	19.2	19.5
19-22.............	406	78.5	27.9	27.5	27.8	28.5	26.9	26.8	26.0
23-34.............	1,034	80.1	23.9	22.6	23.5	24.5	22.0	22.4	22.6
35-50.............	1,122	73.8	19.8	19.4	19.7	19.6	18.8	19.1	19.4
51-64.............	870	64.4	16.2	16.1	16.6	15.8	15.1	15.4	15.7
65-74.............	361	32.1	8.5	9.0	9.4	7.2	6.9	8.0	7.7
75 AND OVER.......	134	23.3	5.5	6.3	6.1	4.6	4.1	5.0	4.7
FEMALES:									
9-11..............	402	74.4	20.2	20.3	20.6	20.1	23.0	16.9	19.7
12-14.............	451	79.7	22.1	21.2	22.2	22.6	23.2	19.0	20.6
15-18.............	546	78.8	24.5	23.4	24.3	25.1	23.7	22.5	22.6
19-22.............	493	73.2	22.4	21.9	22.3	21.8	20.7	21.1	20.4
23-34.............	1,488	68.0	18.8	18.2	19.1	18.6	16.6	18.0	16.9
35-50.............	1,478	64.6	16.2	15.6	17.0	15.5	14.7	15.1	14.5
51-64.............	1,043	51.6	12.5	12.3	12.8	12.1	10.9	11.9	11.2
65-74.............	408	39.7	9.9	10.2	10.8	8.7	7.4	9.0	8.3
75 AND OVER.......	238	31.4	6.2	6.3	6.8	5.6	5.2	5.5	5.0
ALL INDIVIDUALS.....	2/13,737	65.3	17.6	17.2	17.8	17.5	16.7	16.2	16.3

Continued--

TABLE 5I.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1............	0.8	1.2	0.8	0.8	0.9	0.9	1.1	1.1
1-2...............	8.7	8.1	8.3	8.0	9.0	8.3	8.3	9.3
3-5...............	12.6	11.1	11.2	11.9	11.6	11.1	11.9	11.5
6-8...............	24.7	22.7	20.5	23.3	21.4	20.8	24.0	20.7
MALES:								
9-11..............	24.8	24.0	20.7	23.3	21.6	20.8	23.8	21.9
12-14.............	23.7	20.0	20.2	22.1	21.1	19.8	22.2	19.7
15-18.............	22.3	18.1	19.5	21.1	20.2	19.2	21.6	18.9
19-22.............	22.3	18.0	20.6	21.3	23.7	22.5	22.8	21.0
23-34.............	21.9	20.0	20.5	21.1	22.1	20.4	20.5	18.7
35-50.............	17.0	14.2	15.6	16.3	17.6	16.2	17.6	14.1
51-64.............	12.2	10.7	10.6	11.3	12.8	12.0	12.3	9.1
65-74.............	8.1	7.4	6.9	7.1	8.6	8.4	7.9	7.2
75 AND OVER........	7.1	5.9	5.9	6.0	7.5	6.6	7.9	5.3
FEMALES:								
9-11..............	25.3	23.4	21.8	24.1	22.7	22.5	24.9	22.2
12-14.............	23.3	20.2	20.4	22.4	20.1	19.8	22.5	19.6
15-18.............	23.2	20.9	22.0	23.8	23.3	22.1	24.4	21.0
19-22.............	20.8	18.0	19.6	20.0	22.2	20.6	20.4	19.8
23-34.............	15.8	13.6	15.1	15.0	16.3	15.3	14.9	13.7
35-50.............	12.8	11.7	11.3	11.9	12.8	11.9	12.6	11.2
51-64.............	10.2	9.2	9.4	9.4	10.7	10.1	10.5	8.6
65-74.............	8.6	7.1	7.3	7.7	9.5	8.6	8.9	6.9
75 AND OVER........	5.2	5.0	4.3	4.7	5.6	5.4	5.8	3.4
ALL INDIVIDUALS.....	16.3	14.3	14.6	15.4	15.9	15.0	16.0	14.0

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 51.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/145	6.5	1.0	0.9	1.0	1.0	0.7	0.8	0.9
1-2...............	2/339	41.6	9.6	9.1	10.1	9.4	7.9	8.6	8.5
3-5...............	558	55.5	13.1	12.5	13.3	13.2	12.7	11.6	12.1
6-8...............	622	79.5	24.2	24.4	24.7	24.0	26.1	21.1	23.6
MALES:									
9-11..............	329	77.0	24.1	24.4	24.5	24.0	26.7	21.3	24.2
12-14.............	406	79.5	23.5	23.6	23.8	23.5	24.9	20.6	22.7
15-18.............	462	75.0	22.8	22.0	22.9	23.1	22.9	20.4	20.8
19-22.............	306	69.5	23.8	23.2	23.2	24.5	19.9	22.5	21.7
23-34.............	837	78.0	23.0	21.4	22.4	24.0	21.4	21.4	21.5
35-50.............	791	65.9	17.6	17.3	17.5	17.4	15.7	17.1	16.7
51-64.............	726	51.2	12.6	12.8	12.9	11.8	11.2	12.0	11.9
65-74.............	388	36.3	8.7	9.1	9.6	7.6	7.1	7.8	7.6
75 AND OVER........	184	32.8	7.5	7.8	8.1	6.8	5.6	7.0	6.9
FEMALES:									
9-11..............	340	82.1	24.6	24.9	25.5	24.3	27.0	22.2	24.2
12-14.............	392	75.9	23.0	22.5	23.3	23.3	25.0	20.8	22.0
15-18.............	503	74.8	25.2	24.8	25.3	25.7	25.8	23.2	23.6
19-22.............	416	70.4	22.4	21.3	22.4	22.5	18.9	20.8	20.9
23-34.............	1,175	63.1	17.1	16.1	17.0	17.3	14.8	15.8	15.2
35-50.............	1,184	56.8	13.4	13.1	13.8	13.2	11.8	12.4	11.9
51-64.............	1,044	45.0	11.1	11.1	11.5	10.5	9.2	10.0	9.5
65-74.............	522	37.3	8.9	9.6	9.7	7.9	7.1	8.3	7.8
75 AND OVER........	273	24.0	5.3	6.0	5.9	4.4	4.3	5.0	4.3
ALL INDIVIDUALS.....	2/11,943	60.5	16.8	16.5	17.1	16.7	15.9	15.4	15.6

Continued--

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TABLE 5J.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	----------PERCENT----------							
MALES AND FEMALES:									
UNDER 1............	2/322	8.7	1.1	1.1	1.2	1.1	0.9	0.9	1.0
1-2................	2/814	45.2	9.5	9.1	9.9	9.4	7.9	8.7	8.2
3-5................	1,327	55.3	12.0	11.3	12.0	12.4	11.0	10.7	10.8
6-8................	1,482	74.9	20.1	20.5	20.6	19.8	21.5	17.5	19.3
MALES:									
9-11...............	750	78.2	22.2	22.4	22.6	22.0	24.0	19.2	21.6
12-14..............	923	79.4	21.2	21.2	21.3	21.4	22.6	18.6	20.1
15-18..............	1,115	77.3	22.0	21.3	21.8	22.4	21.4	19.6	19.9
19-22..............	850	75.1	26.0	25.0	25.5	26.7	23.4	24.7	23.9
23-34..............	2,393	81.0	25.3	23.9	25.0	26.0	23.2	23.9	23.8
35-50..............	2,228	71.3	19.6	19.3	19.6	19.6	18.4	19.1	19.1
51-64..............	1,923	59.9	15.2	15.1	15.6	14.5	13.8	14.5	14.5
65-74..............	932	37.6	9.5	10.0	10.5	8.2	7.8	8.7	8.4
75 AND OVER........	399	30.1	6.9	7.4	7.5	5.9	5.1	6.4	6.0
FEMALES:									
9-11...............	795	77.3	21.5	21.7	21.8	21.5	23.6	18.8	20.7
12-14..............	905	78.2	21.7	21.0	21.7	22.3	22.4	19.1	20.3
15-18..............	1,164	77.0	24.5	23.7	24.4	25.0	23.7	22.5	22.5
19-22..............	1,045	75.6	23.1	22.3	22.8	23.0	20.3	21.7	21.3
23-34..............	3,299	67.5	19.4	18.4	19.5	19.3	16.9	18.3	17.4
35-50..............	3,114	62.4	15.5	15.1	16.0	15.1	13.9	14.4	13.9
51-64..............	2,542	51.2	13.0	12.9	13.5	12.2	11.2	12.0	11.4
65-74..............	1,207	40.5	9.9	10.5	11.0	8.4	7.5	9.1	8.2
75 AND OVER........	688	27.9	6.4	7.1	7.1	5.4	5.0	5.8	5.3
ALL INDIVIDUALS.....	2/30,215	64.1	17.6	17.2	17.9	17.5	16.4	16.3	16.3

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TABLE 5J.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1............	1.0	1.2	1.0	1.0	1.0	1.0	1.2	0.8
1-2...............	8.6	7.6	8.1	7.9	9.0	8.2	8.2	8.7
3-5...............	11.2	9.2	10.0	10.5	10.7	9.8	10.5	10.1
6-8...............	20.5	17.6	17.0	19.3	17.6	17.3	19.8	16.7
MALES:								
9-11..............	22.7	19.4	18.5	20.9	19.2	18.5	21.5	18.6
12-14.............	21.4	17.5	17.8	19.9	18.4	17.7	20.3	16.9
15-18.............	21.4	17.0	18.7	20.2	19.6	18.7	20.4	17.6
19-22.............	24.9	21.7	22.7	23.8	25.0	23.9	25.1	22.1
23-34.............	24.0	20.6	22.9	23.3	24.5	22.5	23.3	20.5
35-50.............	19.2	16.1	17.6	18.6	19.6	18.1	20.2	15.5
51-64.............	14.6	12.7	13.0	13.6	14.9	13.8	14.9	11.1
65-74.............	9.0	8.2	7.9	7.8	9.3	9.0	9.1	7.3
75 AND OVER.......	6.4	6.2	5.3	5.6	7.0	6.2	6.9	5.1
FEMALES:								
9-11..............	22.1	18.5	18.4	21.0	18.9	18.8	21.4	17.2
12-14.............	21.5	17.2	18.7	20.4	18.8	18.1	20.5	17.3
15-18.............	23.9	19.2	21.1	22.6	22.7	21.5	23.3	19.1
19-22.............	21.9	18.8	20.2	21.2	22.5	21.3	21.9	19.4
23-34.............	17.9	15.8	16.9	17.3	18.6	17.2	18.0	15.6
35-50.............	14.6	13.1	13.5	13.9	14.7	13.9	14.8	12.6
51-64.............	12.1	10.9	11.1	11.4	12.5	11.6	12.5	9.5
65-74.............	9.1	8.5	8.0	8.2	10.0	9.1	9.6	7.3
75 AND OVER.......	6.1	5.9	5.1	5.2	6.5	6.0	5.8	4.6
ALL INDIVIDUALS.....	16.9	14.6	15.3	16.1	16.6	15.6	16.8	14.1

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 5K.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/68	5.3	2.4	2.4	2.3	2.4	2.1	2.4	2.3
1-2...............	2/158	25.8	5.6	5.4	5.9	5.5	4.6	5.4	5.1
3-5...............	276	39.8	11.5	10.8	11.5	11.8	12.3	10.4	11.2
6-8...............	255	69.7	23.6	24.3	24.4	23.2	28.2	21.6	24.6
MALES:									
9-11..............	137	72.9	23.0	23.2	23.5	23.0	27.5	20.5	24.0
12-14.............	173	74.6	24.2	23.7	24.6	24.6	28.4	22.0	24.5
15-18.............	226	66.4	19.8	18.6	20.3	20.2	21.4	17.6	19.3
19-22.............	136	54.8	15.9	15.8	16.2	15.9	15.6	14.4	14.2
23-34.............	229	63.9	20.3	19.0	19.6	21.3	20.6	18.8	18.7
35-50.............	254	58.6	15.4	14.0	14.6	16.7	14.3	14.5	13.9
51-64.............	195	43.8	12.1	12.1	12.0	12.6	11.8	11.6	10.9
65-74.............	99	17.2	4.1	4.1	3.7	4.4	4.2	4.1	3.7
75 AND OVER.......	62	7.2	2.4	3.1	3.0	1.7	1.8	2.5	2.8
FEMALES:									
9-11..............	154	71.3	24.4	23.8	25.4	24.3	27.5	21.4	24.6
12-14.............	172	67.6	20.9	20.4	21.7	20.7	24.7	17.9	20.8
15-18.............	243	68.9	21.1	19.9	21.0	21.9	22.0	19.4	20.5
19-22.............	192	50.7	18.2	17.6	18.4	18.2	16.8	16.9	16.1
23-34.............	421	49.4	14.0	13.5	14.0	14.1	13.1	12.8	13.1
35-50.............	493	39.3	9.9	9.1	10.1	10.1	10.0	9.1	9.0
51-64.............	331	27.2	6.3	6.1	6.0	6.9	6.6	5.9	5.4
65-74.............	151	13.0	3.7	3.6	3.7	3.7	4.2	3.4	3.3
75 AND OVER.......	59	11.8	3.6	4.0	3.5	3.7	4.0	3.4	3.3
ALL INDIVIDUALS.....	2/4,485	45.0	14.6	14.1	14.7	14.8	15.4	13.3	13.9

Continued--

TABLE 5K.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1............	2.2	1.8	2.4	2.2	2.9	2.6	1.9	1.9
1-2...............	5.2	5.3	4.7	5.1	5.8	5.2	5.1	5.1
3-5...............	11.3	10.1	9.8	11.1	10.1	9.9	11.7	10.7
6-8...............	25.4	22.6	21.0	24.0	22.0	21.7	24.3	22.5
MALES:								
9-11..............	24.4	21.1	20.3	23.2	20.2	20.3	23.9	23.4
12-14.............	25.5	19.8	20.8	24.1	21.0	20.9	26.1	22.0
15-18.............	19.8	14.0	16.9	18.7	17.3	16.4	19.9	17.0
19-22.............	15.2	11.6	14.6	14.6	14.9	14.0	14.2	15.4
23-34.............	19.5	17.0	17.1	19.4	18.9	17.6	19.6	15.7
35-50.............	14.5	13.0	13.6	14.5	14.2	13.2	14.5	11.1
51-64.............	11.6	8.9	11.0	10.7	12.2	10.9	10.8	8.5
65-74.............	4.2	3.7	3.7	4.1	4.2	3.7	4.0	4.7
75 AND OVER.......	2.8	.5	2.3	2.5	3.0	3.5	4.4	1.1
FEMALES:								
9-11..............	25.3	22.5	21.4	23.7	20.4	20.8	25.6	23.7
12-14.............	21.9	17.1	17.3	20.9	18.1	17.6	22.4	18.0
15-18.............	20.7	15.3	17.7	19.9	19.1	18.1	21.6	16.4
19-22.............	17.4	13.7	14.6	17.2	18.3	16.7	18.1	13.6
23-34.............	13.5	11.4	12.6	13.3	13.6	12.8	13.5	12.9
35-50.............	9.5	8.4	8.5	9.6	9.0	8.3	10.1	7.3
51-64.............	6.0	6.4	5.8	6.0	5.9	5.6	6.4	5.0
65-74.............	3.8	2.9	3.8	4.1	3.6	3.2	3.6	2.0
75 AND OVER.......	3.6	3.4	3.2	3.5	3.9	4.0	3.1	4.6
ALL INDIVIDUALS.....	14.5	12.1	12.7	14.1	13.4	12.8	14.6	12.4

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5L.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1..............	1.0	0.4	1.3	0.8	1.1	1.0	0.7	2.3
1-2..............	2.4	1.6	2.4	2.5	2.8	2.2	1.8	2.7
3-5..............	7.5	7.3	6.3	6.9	6.6	6.6	6.3	8.6
6-8..............	20.1	19.8	15.2	19.4	17.9	16.8	20.9	17.5
MALES:								
9-11..............	19.5	19.1	14.3	18.5	16.0	16.0	20.2	15.8
12-14..............	20.3	19.2	16.4	19.4	17.0	16.2	20.3	19.3
15-18..............	21.7	21.4	17.0	21.7	18.9	[illegible]	23.1	15.7
19-22..............	15.8	11.5	12.1	16.4	14.2	12.6	17.5	8.1
23-34..............	13.3	12.9	12.1	13.1	13.6	12.6	13.5	10.1
35-50..............	12.6	9.1	11.7	12.3	13.2	11.1	12.0	7.4
51-64..............	[illegible]	9.9	9.7	12.0	12.6	10.5	15.5	11.5
65-74..............	3.9	6.9	4.4	3.5	7.3	5.2	5.0	2.2
75 AND OVER........	.0	.0	.0	.0	.0	.0	.0	.0
FEMALES:								
9-11..............	19.6	18.5	15.4	18.9	14.6	15.7	21.1	20.9
12-14..............	20.4	19.5	16.0	20.1	16.6	16.5	21.2	19.5
15-18..............	18.7	19.4	15.4	18.2	15.7	16.0	17.8	15.9
19-22..............	15.2	13.3	11.6	13.5	14.6	12.6	16.8	14.8
23-34..............	8.9	6.7	8.0	8.2	8.5	8.0	9.0	6.2
35-50..............	10.1	7.2	9.2	10.2	10.2	9.7	11.7	9.9
51-64..............	4.2	4.3	5.7	4.5	5.5	4.7	3.7	3.8
65-74..............	1.4	.5	1.6	1.8	1.7	1.3	2.2	1.1
75 AND OVER........	.0	.0	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS.....	12.8	11.5	10.7	12.4	11.7	11.1	13.3	11.1

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5L.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL PER DAY,1/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1	2/30	6.5	1.3	1.0	0.8	1.8	0.9	1.7	1.2
1-2	2/61	17.8	3.0	2.6	3.0	3.1	2.2	2.8	2.7
3-5	113	35.7	7.8	7.2	8.0	8.3	8.1	6.3	7.5
6-8	100	63.7	18.6	19.6	19.9	17.7	22.4	15.5	19.9
MALES:									
9-11	51	72.5	17.9	18.7	20.2	16.1	22.8	15.0	19.0
12-14	54	78.1	19.7	19.5	20.8	19.4	23.7	15.4	20.3
15-18	52	71.4	20.7	20.7	21.1	21.2	25.5	19.1	20.3
19-22	36	61.0	15.3	14.9	15.6	16.0	18.0	12.4	13.2
23-34	94	56.1	14.2	13.4	14.5	14.6	13.1	12.6	12.9
35-50	82	55.4	13.2	12.3	13.1	13.0	13.4	11.9	13.2
51-64	41	48.0	12.0	11.9	11.3	12.3	11.4	11.6	12.1
65-74	16	13.1	6.1	5.1	6.4	5.9	1.9	6.0	5.6
75 AND OVER	4	.0	.0	.0	.0	.0	.0	.0	.0
FEMALES:									
9-11	61	67.2	18.6	18.6	19.9	18.3	23.8	15.5	20.2
12-14	69	75.1	18.8	18.6	20.0	18.3	23.6	16.1	20.4
15-18	62	65.0	18.5	17.3	19.1	18.9	20.1	16.3	17.9
19-22	74	63.9	16.7	16.0	17.9	16.2	15.7	13.8	14.7
23-34	156	34.7	8.8	8.7	8.5	8.8	8.5	8.2	8.4
35-50	143	42.0	10.5	10.2	10.7	10.5	10.3	9.2	9.1
51-64	60	21.5	5.1	4.8	5.5	4.8	3.6	5.3	5.1
65-74	15	12.8	1.5	1.9	1.4	1.4	1.9	1.5	1.3
75 AND OVER	4	.0	.0	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS	2/1,378	49.6	12.8	12.5	13.2	12.7	13.9	11.1	12.5

Continued--

TABLE 5M.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKES PER INDIVIDUAL PER DAY,1/ SPRING 1977

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	----------	----------	----------	----------	PERCENT	----------	----------	----------
MALES AND FEMALES:									
UNDER 1............	2/75	10.0	2.1	2.0	2.3	2.0	1.6	1.8	1.6
1-2................	2/246	48.0	10.0	9.5	10.4	10.0	7.7	9.2	8.5
3-5................	404	57.7	12.9	12.3	13.0	13.1	11.1	11.5	11.5
6-8................	428	74.7	20.8	20.9	21.3	20.7	21.1	17.9	19.3
MALES:									
9-11...............	196	76.7	21.3	20.9	21.9	21.1	22.0	18.1	19.7
12-14..............	296	71.5	19.9	19.7	20.0	20.3	21.6	17.4	19.2
15-18..............	365	73.9	21.0	19.9	20.7	21.6	20.7	18.2	18.8
19-22..............	256	71.3	24.4	23.5	23.9	24.9	21.3	22.7	22.8
23-34..............	708	80.6	25.4	23.9	24.6	26.3	22.8	24.0	23.9
35-50..............	714	71.1	20.8	20.0	20.4	20.9	19.4	19.6	19.6
51-64..............	579	57.7	14.8	15.0	14.8	14.7	13.4	14.0	14.0
65-74..............	270	36.9	9.2	9.2	9.7	8.5	7.3	8.4	7.8
75 AND OVER........	114	24.7	6.8	7.4	7.4	5.6	4.7	6.4	5.9
FEMALES:									
9-11...............	222	72.0	19.5	19.3	20.4	19.3	21.0	16.2	18.0
12-14..............	295	74.7	21.0	19.5	21.1	21.5	20.8	17.8	19.1
15-18..............	374	71.7	23.4	22.1	23.1	24.2	21.5	21.8	21.6
19-22..............	300	75.2	24.0	23.3	23.5	24.1	20.8	22.7	22.2
23-34..............	865	68.2	21.5	20.6	21.8	21.2	18.4	20.2	19.1
35-50..............	838	60.1	15.5	15.2	15.9	15.1	13.7	14.5	13.8
51-64..............	715	48.2	12.2	11.8	12.9	11.4	10.9	10.9	10.7
65-74..............	346	35.7	8.8	9.0	9.4	7.8	7.2	7.7	7.2
75 AND OVER........	173	26.2	6.1	7.2	7.1	4.5	5.0	5.3	4.9
ALL INDIVIDUALS.....	2/8,780	62.8	17.8	17.2	17.9	17.7	16.3	16.3	16.3

Continued--

TABLE 5M.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKES PER INDIVIDUAL PER DAY.1/ SPRING 1977

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1...........	1.7	2.0	1.5	1.9	2.0	1.9	2.5	1.3
1-2...............	9.0	8.0	8.6	8.3	9.5	8.8	8.7	9.8
3-5...............	11.8	10.1	10.7	10.9	11.6	10.7	11.0	10.5
6-8...............	20.7	17.7	17.2	19.4	18.3	17.3	20.0	16.9
MALES:								
9-11..............	21.1	17.7	16.9	19.5	18.0	17.1	20.4	18.4
12-14.............	20.5	16.3	16.7	18.9	17.1	17.0	19.6	17.6
15-18.............	20.2	14.9	17.7	19.1	18.2	16.9	19.4	15.5
19-22.............	23.4	20.2	20.7	22.2	23.8	22.4	23.9	20.0
23-34.............	24.0	19.7	22.9	23.4	25.0	22.6	23.3	19.9
35-50.............	20.0	17.0	18.0	19.6	20.4	18.7	20.5	16.1
51-64.............	14.4	12.5	12.6	13.3	14.9	13.5	14.1	10.3
65-74.............	8.3	8.1	7.5	7.1	8.7	8.2	8.7	7.0
75 AND OVER.......	6.1	6.9	5.5	5.3	7.3	6.5	7.3	4.8
FEMALES:								
9-11..............	19.7	15.8	15.9	18.2	15.7	15.9	19.6	16.3
12-14.............	20.2	15.8	17.3	18.9	18.0	16.9	19.0	15.9
15-18.............	22.5	18.2	19.7	21.3	21.3	20.7	22.2	18.6
19-22.............	22.7	19.5	20.3	22.1	23.3	22.5	22.9	17.8
23-34.............	19.9	17.5	19.2	19.1	20.5	18.9	19.4	17.9
35-50.............	14.7	13.0	13.3	13.8	14.6	14.2	14.7	12.1
51-64.............	11.5	10.3	10.1	10.4	11.3	10.5	11.0	8.4
65-74.............	8.1	8.2	7.0	7.2	8.2	7.5	8.0	6.3
75 AND OVER.......	5.9	5.8	4.7	5.2	6.5	5.9	6.0	4.3
ALL INDIVIDUALS.....	17.0	14.5	15.2	16.0	16.6	15.6	16.7	14.0

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 5N.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKES PER INDIVIDUAL PER DAY,1/ SUMMER 1977

SEX AND AGE (YEARS)	PHOS- PHORUS	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1.............	0.5	0.7	0.6	0.4	0.5	0.5	0.3	0.3
1-2................	7.7	6.4	7.1	6.8	7.9	7.3	7.1	6.7
3-5................	9.5	7.1	8.8	8.9	9.4	8.2	8.7	9.0
6-8................	13.4	10.9	11.5	12.5	12.6	11.7	12.6	11.7
MALES:								
9-11...............	14.0	11.6	12.1	13.2	12.5	11.7	13.3	12.4
12-14..............	16.4	12.8	13.5	15.0	14.5	13.5	15.8	13.5
15-18..............	17.2	13.2	15.6	16.3	16.7	15.5	16.9	14.6
19-22..............	23.8	19.9	22.1	23.7	22.8	22.0	24.0	17.6
23-34..............	24.3	20.6	22.9	23.5	24.1	22.8	24.1	20.6
35-50..............	18.3	15.1	16.4	17.7	18.1	17.0	19.2	14.3
51-64..............	15.6	13.1	14.4	14.5	15.7	14.4	15.3	11.9
65-74..............	11.0	8.5	9.5	9.5	10.2	10.4	10.1	9.3
75 AND OVER........	4.9	3.5	3.9	4.6	4.9	4.7	5.4	3.8
FEMALES:								
9-11...............	16.5	13.4	13.7	15.4	14.8	14.1	16.1	13.1
12-14..............	13.6	10.3	11.9	13.2	11.9	11.3	13.7	11.2
15-18..............	20.9	16.5	18.2	19.4	19.7	18.6	20.8	17.3
19-22..............	21.6	18.2	19.4	21.0	21.4	19.8	21.8	19.4
23-34..............	16.5	13.5	15.3	15.3	16.6	15.4	16.2	13.2
35-50..............	13.8	11.8	13.0	13.1	13.7	13.1	14.2	11.7
51-64..............	10.4	8.7	9.8	10.0	11.0	10.1	10.7	7.6
65-74..............	7.5	5.4	6.8	6.8	8.3	7.5	8.2	4.9
75 AND OVER........	5.9	5.1	5.0	5.2	5.5	5.2	5.3	5.0
ALL INDIVIDUALS.....	15.0	12.3	13.6	14.2	14.7	13.8	14.9	12.3

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 5N.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME

PERCENTAGE OF NUTRIENT INTAKES PER INDIVIDUAL PER DAY,1/ SUMMER 1977

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/120	7.2	0.5	0.6	0.5	0.5	0.3	0.6	0.5
1-2...............	2/249	41.3	8.7	8.0	9.0	8.8	6.9	7.8	7.6
3-5...............	425	49.2	10.5	9.5	10.1	11.2	9.6	9.3	9.4
6-8...............	454	57.1	13.9	13.6	14.1	13.9	13.7	12.2	12.8
MALES:									
9-11..............	233	58.5	14.6	14.2	14.6	14.7	14.3	12.7	13.5
12-14.............	274	67.6	[illegible]7.3	16.2	17.1	17.9	16.5	15.0	15.6
15-18.............	320	65.4	[illegible].4	17.6	18.4	18.7	16.5	17.1	16.4
19-22.............	261	75.5	24.7	22.9	24.2	25.5	23.6	23.3	22.3
23-34.............	655	78.5	25.4	23.9	25.2	25.9	23.8	23.8	23.7
35-50.............	664	67.6	18.5	18.2	18.1	18.7	18.0	17.9	17.8
51-64.............	520	61.5	16.4	15.9	16.9	15.4	15.0	15.4	15.3
65-74.............	239	39.4	10.8	11.6	11.8	10.2	10.4	10.0	9.9
75 AND OVER.......	118	24.5	5.0	5.1	5.7	4.4	4.0	4.7	4.3
FEMALES:									
9-11..............	265	64.2	17.1	16.7	17.4	17.1	16.4	15.1	15.7
12-14.............	288	59.9	14.4	13.1	14.3	15.1	13.9	12.3	12.6
15-18.............	382	70.5	21.6	20.8	21.2	22.2	20.5	19.9	19.8
19-22.............	372	72.8	23.3	21.2	22.9	23.7	20.5	21.2	21.1
23-34.............	975	65.8	17.9	16.8	17.7	18.2	15.4	16.4	15.7
35-50.............	936	57.4	14.7	14.1	15.5	14.2	13.1	13.4	13.1
51-64.............	751	46.7	11.3	11.4	11.2	10.8	9.6	10.4	9.8
65-74.............	342	36.2	8.1	8.7	9.2	6.8	5.6	7.5	6.6
75 AND OVER.......	194	29.9	6.2	6.4	6.8	5.8	5.5	5.7	5.3
ALL INDIVIDUALS.....	2/9,037	58.7	15.9	15.2	15.9	15.9	14.5	14.6	14.4

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TABLE 50.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKES PER INDIVIDUAL PER DAY,1/ FALL 1977

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/105	8.6	1.9	2.0	2.1	1.8	1.8	1.7	1.9
1-2..............	2/256	38.3	7.1	6.9	7.3	7.1	6.2	6.7	6.2
3-5..............	482	55.5	13.1	12.3	13.3	13.4	12.8	11.7	12.2
6-8..............	487	80.6	24.3	25.2	25.0	23.7	27.9	21.4	24.6
MALES:									
9-11..............	278	84.5	26.9	27.5	27.6	26.4	31.3	23.6	27.7
12-14.............	307	87.2	24.3	24.9	25.1	23.7	27.6	21.0	24.0
15-18.............	329	80.7	24.7	24.4	24.9	25.0	26.0	22.1	23.3
19-22.............	245	69.6	22.8	22.2	22.3	23.9	21.5	21.6	21.1
23-34.............	626	77.8	22.9	21.3	22.8	23.6	20.8	21.2	21.4
35-50.............	558	73.1	18.9	18.4	19.5	18.5	17.2	18.4	18.7
51-64.............	503	55.6	14.2	14.0	14.5	13.6	13.0	13.7	13.9
65-74.............	267	34.8	8.8	9.3	10.0	7.1	6.9	7.7	7.6
75 AND OVER.......	110	30.9	8.6	9.3	9.5	7.6	6.6	7.9	8.2
FEMALES:									
9-11..............	245	82.5	24.7	25.2	24.9	24.8	28.7	22.1	25.2
12-14.............	297	85.3	25.2	25.1	25.5	25.4	28.6	22.3	25.1
15-18.............	363	81.4	25.6	25.0	26.1	23.5	26.1	23.2	23.7
19-22.............	308	71.7	20.5	19.6	20.5	20.0	18.7	18.8	18.4
23-34.............	1,066	60.8	17.4	16.8	17.5	17.4	15.4	16.8	16.0
35-50.............	1,037	59.2	14.5	13.9	14.9	14.3	13.9	13.6	13.1
51-64.............	774	52.4	13.3	13.5	14.1	12.5	11.0	12.7	11.5
65-74.............	354	43.2	11.1	11.9	12.6	9.4	8.6	10.5	9.4
75 AND OVER.......	198	33.6	8.0	8.7	8.9	6.9	5.5	7.2	6.5
ALL INDIVIDUALS.....	2/9,196	63.8	17.7	17.5	18.1	17.4	17.2	16.3	16.7

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TABLE 50.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKES PER INDIVIDUAL PER DAY,1/ FALL 1977

SEX AND AGE (YEARS)	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1	1.9	1.9	1.9	1.8	2.2	2.0	1.8	1.8
1-2	6.5	6.1	6.0	6.2	7.2	6.3	6.2	7.0
3-5	12.5	11.1	10.9	12.0	11.4	10.5	12.1	11.8
6-8	25.8	22.7	21.1	24.3	21.7	21.8	25.1	21.7
MALES:								
9-11	28.4	24.2	22.8	26.3	23.4	23.2	27.0	23.3
12-14	25.2	21.0	20.6	23.7	20.9	20.5	24.4	20.1
15-18	25.0	20.8	21.2	23.8	22.5	22.2	24.0	21.6
19-22	21.7	19.3	20.1	20.1	21.5	21.1	21.1	22.6
23-34	21.3	18.9	20.8	20.8	21.9	20.1	19.7	18.8
35-50	18.1	15.5	17.1	17.3	19.1	17.4	18.9	15.1
51-64	13.6	12.2	12.6	12.6	13.9	12.8	14.2	10.4
65-74	8.2	7.8	7.0	7.1	8.7	8.1	8.7	6.2
75 AND OVER	8.3	6.2	6.5	6.8	8.4	7.6	8.6	6.3
FEMALES:								
9-11	26.1	23.0	22.1	25.0	22.4	22.9	25.2	21.6
12-14	26.2	21.7	21.9	25.0	22.1	21.8	25.3	21.2
15-18	25.4	20.5	22.1	24.3	23.9	22.3	24.5	19.4
19-22	19.4	16.6	17.4	18.5	20.2	18.2	19.1	17.8
23-34	16.3	15.0	15.4	16.2	17.4	16.2	17.1	15.3
35-50	13.7	12.8	12.7	13.4	13.9	12.7	13.7	12.2
51-64	12.3	11.4	11.4	11.7	13.3	12.5	13.4	10.2
65-74	10.4	10.4	9.5	9.5	11.1	10.4	11.1	8.3
75 AND OVER	7.1	6.8	6.4	5.9	8.7	7.3	6.5	5.9
ALL INDIVIDUALS	17.2	15.2	15.4	16.4	16.8	15.8	17.2	14.8

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

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TABLE 5P.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME PERCENTAGE OF NUTRIENT INTAKES PER INDIVIDUAL PER DAY,1/ WINTER 1978

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS EATING AWAY	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/122	6.7	1.1	1.1	1.0	1.3	1.0	1.1	1.0
1-2...............	2/282	35.3	8.2	8.1	8.7	7.9	7.5	7.6	7.4
3-5...............	408	43.4	10.0	9.6	10.1	10.1	10.1	8.7	9.1
6-8...............	471	80.7	22.8	23.6	23.6	22.2	26.6	20.0	22.9
MALES:									
9-11...............	232	87.2	24.5	25.4	25.2	24.1	28.3	21.3	24.9
12-14..............	273	87.7	24.8	24.8	24.8	25.3	28.0	22.2	24.2
15-18..............	380	80.3	22.0	21.3	21.9	22.4	22.8	19.7	20.5
19-22..............	267	70.7	25.3	25.0	25.3	25.3	22.4	24.1	22.9
23-34..............	727	77.8	24.2	23.1	23.9	24.8	22.9	23.1	22.8
35-50..............	635	66.7	17.7	17.5	17.6	17.9	16.6	17.6	17.3
51-64..............	559	58.1	14.2	14.3	14.7	13.5	13.1	13.5	13.3
65-74..............	274	30.7	7.3	7.6	8.0	5.8	5.3	6.9	6.6
75 AND OVER........	123	27.2	4.6	5.5	5.1	3.8	3.2	4.5	3.9
FEMALES:									
9-11...............	278	83.7	25.[illegible]	25.6	25.9	25.2	30.1	22.2	25.8
12-14..............	268	86.3	25.5	25.7	26.0	25.6	28.5	22.9	25.1
15-18..............	354	77.5	24.1	23.1	24.0	24.8	24.9	22.1	22.8
19-22..............	337	65.2	20.3	20.7	20.4	19.7	18.0	19.4	18.8
23-34..............	974	62.4	16.9	16.1	17.1	16.8	15.6	15.9	15.9
35-50..............	948	57.8	14.0	13.5	14.3	13.7	12.6	12.7	12.5
51-64..............	696	43.6	11.4	11.0	11.7	11.1	10.5	10.6	10.2
65-74..............	334	33.2	8.3	8.8	9.0	7.2	6.6	7.7	7.1
75 AND OVER........	187	15.7	4.0	4.7	4.4	3.5	3.6	4.1	3.8
ALL INDIVIDUALS.....	2/9,129	61.2	16.9	16.7	17.2	16.8	16.7	15.7	16.0

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TABLE 5P.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF NUTRIENT INTAKES PER INDIVIDUAL PER DAY,1/ WINTER 1978

SEX AND AGE (YEARS)	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1............	1.1	0.7	1.1	1.0	1.0	1.0	1.0	1.0
1-2................	7.7	7.2	7.4	7.4	8.2	7.3	7.5	7.6
3-5................	9.6	8.3	8.2	9.3	8.8	8.7	9.7	8.9
6-8................	24.4	21.8	19.6	23.0	19.9	20.1	23.9	19.4
MALES:								
9-11...............	26.1	23.8	21.2	24.4	21.9	21.4	25.1	21.6
12-14..............	25.6	21.6	21.7	24.2	22.2	21.1	24.4	19.8
15-18..............	21.9	17.7	18.7	20.6	19.5	18.5	21.1	18.1
19-22..............	24.1	20.4	22.3	23.1	24.9	23.3	24.4	22.6
23-34..............	23.2	20.7	21.5	22.6	23.5	21.5	23.3	19.5
35-50..............	17.5	14.6	16.6	17.2	17.9	16.3	18.8	13.8
51-64..............	13.6	11.7	11.4	12.7	14.0	13.0	14.6	10.7
65-74..............	6.6	6.6	6.2	5.9	7.7	7.3	7.0	5.5
75 AND OVER........	4.2	5.1	3.7	3.9	5.4	4.5	5.0	3.4
FEMALES:								
9-11...............	27.0	23.8	22.4	26.1	22.0	22.2	26.6	22.3
12-14..............	26.3	22.1	22.6	25.2	22.6	22.3	25.9	22.3
15-18..............	23.8	19.2	21.3	22.9	22.4	21.0	23.5	18.6
19-22..............	19.7	16.7	18.1	18.9	20.7	19.9	20.4	17.6
23-34..............	16.0	13.9	14.8	15.5	16.2	15.2	15.9	13.5
35-50..............	13.3	11.5	12.0	12.7	13.1	12.5	13.9	11.3
51-64..............	10.8	10.4	10.1	10.5	10.6	9.9	11.2	9.2
65-74..............	7.8	7.0	6.7	7.0	9.0	7.8	8.1	7.1
75 AND OVER........	4.4	4.9	3.6	3.9	4.2	4.7	4.4	3.0
ALL INDIVIDUALS....	16.7	14.5	14.8	16.0	16.0	15.1	16.8	13.9

1/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

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TABLE 6.1.--NUTRITIVE VALUE OF BREAKFAST
PERCENTAGE OF NUTRIENT INTAKE PER DAY,1/ 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS REPORTING BREAKFAST	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1...........	2/421	89.1	24.5	22.6	22.4	26.6	27.3	41.6	27.1
1-2...............	2/1,035	99.5	24.5	22.4	21.6	27.9	32.0	31.8	27.6
3-5...............	1,719	99.3	23.4	21.3	20.2	27.1	34.2	29.3	27.1
6-8...............	1,841	99.3	21.5	19.1	18.0	25.5	31.1	27.2	24.8
MALES:									
9-11..............	939	99.0	21.2	18.8	18.0	25.1	30.5	26.2	23.7
12-14.............	1,150	97.5	21.6	18.9	18.5	25.4	31.6	25.6	24.3
15-18.............	1,394	94.0	21.9	19.6	19.7	25.2	31.5	24.8	25.0
19-22.............	1,030	87.0	22.4	19.8	21.3	25.4	32.4	23.8	25.6
23-34.............	2,716	87.2	19.6	17.2	18.7	22.8	27.0	21.8	23.7
35-50.............	2,571	91.4	18.4	15.7	17.0	22.7	25.7	20.9	24.0
51-64.............	2,161	95.6	20.4	17.2	18.4	24.9	26.5	23.9	26.1
65-74.............	1,049	98.6	23.7	20.0	20.6	29.0	30.3	28.1	30.1
75 AND OVER.......	465	99.8	25.9	22.7	23.7	30.0	33.1	29.7	31.3
FEMALES:									
9-11..............	1,011	98.7	21.0	18.6	17.7	24.9	31.0	25.6	24.1
12-14.............	1,148	94.7	21.4	19.0	18.4	25.4	31.8	24.8	24.6
15-18.............	1,473	90.5	21.7	18.8	18.8	25.8	31.9	23.7	25.6
19-22.............	1,317	85.5	22.0	19.0	19.9	25.9	30.3	23.9	26.6
23-34.............	3,879	88.7	19.2	16.2	16.7	23.6	26.9	21.3	25.6
35-50.............	3,759	93.9	18.9	15.7	16.7	23.4	26.0	21.1	26.8
51-64.............	2,936	96.1	20.1	16.0	16.7	26.1	26.7	23.2	28.2
65-74.............	1,376	97.6	22.9	18.4	18.5	29.4	29.3	27.0	31.4
75 AND OVER.......	751	98.6	24.2	20.1	20.1	29.9	29.9	28.8	31.9
ALL INDIVIDUALS.....	2/36,142	93.8	21.0	18.1	18.4	25.3	29.0	24.6	26.3

Continued--

TABLE 6.1.--NUTRITIVE VALUE OF BREAKFAST
PERCENTAGE OF NUTRIENT INTAKE PER DAY,1/ 1977-78

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1...........	26.1	16.6	37.7	31.4	36.[illegible]	25.5	22.1	24.8
1-2...............	27.4	32.7	36.5	34.7	26.5	29.6	30.4	35.5
3-5...............	27.4	36.6	36.1	36.5	26.0	31.2	32.6	37.1
6-8...............	24.8	33.7	34.5	34.2	24.9	29.3	30.0	36.7
MALES:								
9-11..............	24.2	32.6	34.0	33.8	24.3	28.4	29.4	34.1
12-14.............	24.4	32.2	33.3	33.3	23.4	27.1	29.3	33.0
15-18.............	24.6	32.1	31.9	32.3	22.3	25.1	28.6	32.2
19-22.............	24.8	30.8	31.2	31.6	20.4	21.9	28.0	30.4
23-34.............	21.1	25.4	27.0	26.1	18.6	17.7	23.1	26.4
35-50.............	19.7	22.3	25.4	24.3	18.0	15.9	21.5	23.4
51-64.............	21.4	23.5	28.4	26.4	20.9	18.9	23.0	25.8
65-74.............	25.1	25.9	33.0	30.0	24.6	23.2	25.9	30.1
75 AND OVER.......	27.9	28.1	33.7	33.0	25.4	24.6	30.5	27.6
FEMALES:								
9-11..............	24.3	31.9	33.4	33.5	23.9	27.7	29.6	35.8
12-14.............	24.5	32.1	32.8	33.1	22.9	26.2	29.1	34.4
15-18.............	24.2	31.2	32.0	31.8	21.7	24.3	27.1	32.5
19-22.............	23.5	28.0	30.0	29.4	21.2	21.2	25.3	28.6
23-34.............	20.7	23.6	26.8	25.6	19.8	17.9	21.6	25.7
35-50.............	20.0	21.3	25.8	24.1	20.1	16.4	20.4	24.2
51-64.............	21.1	21.7	28.2	25.0	21.7	18.1	20.6	29.0
65-74.............	24.3	24.0	32.0	28.5	25.0	22.5	22.8	33.3
75 AND OVER.......	25.7	24.5	33.3	29.9	25.9	24.1	25.7	31.2
ALL INDIVIDUALS.....	23.0	26.8	30.3	29.0	22.2	22.0	25.0	29.6

1/ BASED ON DAYS WITH BREAKFAST REPORTED.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 6.2.--NUTRITIVE VALUE OF LUNCH[1]
PERCENTAGE OF NUTRIENT INTAKE PER DAY,[2] 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS REPORTING LUNCH	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	[3]/421	81.6	23.1	24.1	22.9	23.2	19.3	17.5	22.0
1-2...............	[3]/1,035	92.9	28.6	29.3	30.8	26.7	26.4	26.1	26.0
3-5...............	1,719	94.8	30.5	31.2	32.3	29.0	29.2	28.1	28.8
6-8...............	1,841	95.9	33.1	33.4	34.9	32.1	34.1	29.9	32.3
MALES:									
9-11..............	939	95.6	33.1	33.4	34.6	32.5	34.7	30.2	32.8
12-14.............	1,150	94.7	32.3	32.9	33.8	31.7	33.8	29.5	31.6
15-18.............	1,394	92.7	32.7	33.1	34.0	31.9	33.2	31.0	30.7
19-22.............	1,030	90.9	34.7	35.7	35.9	34.4	33.7	35.0	32.0
23-34.............	2,716	92.0	33.7	34.4	35.4	33.7	34.9	33.3	29.4
35-50.............	2,571	90.8	32.4	33.0	33.5	32.7	33.3	32.2	28.1
51-64.............	2,161	89.4	30.9	31.9	31.9	30.9	32.6	29.9	27.0
65-74.............	1,049	83.2	31.7	33.2	33.0	30.1	32.7	30.0	28.2
75 AND OVER.......	465	71.7	32.8	34.4	34.5	31.1	32.7	31.0	29.6
FEMALES:									
9-11..............	1,011	95.6	33.3	33.5	34.7	32.8	34.8	30.2	32.7
12-14.............	1,148	95.1	33.9	34.2	35.3	33.3	35.8	31.5	32.9
15-18.............	1,473	92.0	33.2	33.5	34.4	32.6	34.5	31.9	31.1
19-22.............	1,317	91.2	34.0	35.0	35.1	33.7	34.5	33.2	30.6
23-34.............	3,879	92.2	32.3	33.3	33.7	31.5	34.0	31.4	28.1
35-50.............	3,759	90.9	31.3	32.5	32.3	30.7	33.7	30.1	26.9
51-64.............	2,936	89.3	30.9	32.6	31.8	30.4	33.4	29.6	27.1
65-74.............	1,376	84.6	32.9	34.9	34.6	31.0	33.1	31.6	29.5
75 AND OVER.......	751	82.6	33.4	35.3	35.4	31.2	33.7	31.3	29.4
ALL INDIVIDUALS.....	[3]/36,142	91.0	32.2	33.1	33.5	31.5	33.2	30.6	29.1

Continued--

TABLE 6.2.--NUTRITIVE VALUE OF LUNCH1/ PERCENTAGE OF NUTRIENT INTAKE PER DAY,2/ 1977-78

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1............	21.2	33.4	17.1	19.0	21.1	23.7	23.0	22.4
1-2................	27.1	24.2	24.4	24.1	28.9	23.4	26.4	19.9
3-5................	29.3	23.4	26.9	26.2	30.0	23.9	27.6	21.0
6-8................	32.7	26.0	29.3	29.7	31.3	26.7	30.8	24.0
MALES:								
9-11...............	32.9	27.4	29.3	29.9	30.8	27.2	31.0	26.2
12-14..............	32.3	26.5	29.0	30.0	30.5	27.3	31.5	25.1
15-18..............	32.2	25.7	30.7	30.5	31.7	28.3	32.3	25.0
19-22..............	33.7	28.4	34.3	32.7	35.5	32.1	35.0	27.7
23-34..............	33.0	28.4	33.9	32.7	32.9	30.4	35.0	26.0
35-50..............	31.7	27.0	33.4	31.6	31.2	29.5	33.4	25.4
51-64..............	30.5	25.1	30.7	29.8	29.8	28.0	31.5	22.5
65-74..............	31.6	28.0	29.7	30.4	30.8	28.7	32.1	23.3
75 AND OVER........	32.7	29.9	29.6	30.0	31.7	30.2	32.9	26.1
FEMALES:								
9-11...............	33.0	26.2	29.8	30.5	31.2	27.2	31.7	24.7
12-14..............	34.1	27.1	31.6	32.2	32.2	28.9	33.3	26.5
15-18..............	33.1	27.9	31.6	32.0	32.2	29.3	33.8	26.0
19-22..............	33.5	28.6	33.0	32.7	33.8	30.9	35.1	26.9
23-34..............	32.3	27.9	31.7	31.5	31.1	29.2	34.0	25.0
35-50..............	31.6	28.5	31.1	31.3	30.0	28.6	33.1	24.2
51-64..............	31.6	27.9	30.0	31.1	29.4	28.7	32.7	23.1
65-74..............	33.0	30.8	30.8	31.3	31.8	30.7	32.8	25.8
75 AND OVER........	33.5	31.0	30.7	31.3	31.7	31.3	32.1	25.7
ALL INDIVIDUALS....	31.9	27.4	30.7	30.6	31.0	28.5	32.4	24.5

1/ INCLUDES BRUNCH.
2/ BASED ON DAYS WITH LUNCH REPORTED.
3/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 6.3.--NUTRITIVE VALUE OF DINNER
PERCENTAGE OF NUTRIENT INTAKE PER DAY,1/ 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS REPORTING DINNER	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/421	44.0	24.6	25.8	24.2	25.1	20.5	23.5	24.5
1-2...............	2/1,035	55.3	33.2	38.9	36.3	28.3	24.9	33.8	31.4
3-5...............	1,719	51.2	36.3	42.3	39.6	30.9	27.4	36.7	34.8
6-8...............	1,841	52.2	37.2	43.6	40.7	31.2	27.8	38.2	35.2
MALES:									
9-11..............	939	50.8	38.6	45.1	41.7	32.6	28.4	40.1	36.9
12-14.............	1,150	49.9	39.7	45.7	42.8	33.8	31.0	41.2	38.7
15-18.............	1,394	53.6	41.0	46.9	43.9	35.1	32.5	42.8	39.9
19-22.............	1,030	58.0	45.0	50.9	47.7	39.7	38.4	47.4	44.3
23-34.............	2,716	58.4	46.7	53.5	49.5	40.5	39.5	49.8	44.6
35-50.............	2,571	59.2	48.4	54.5	52.1	41.4	39.1	50.2	43.3
51-64.............	2,161	63.1	46.5	52.7	50.3	39.4	36.6	47.8	42.4
65-74.............	1,049	60.0	45.3	51.3	50.3	37.9	34.9	45.6	40.4
75 AND OVER.......	465	63.6	43.0	49.2	46.6	36.9	32.5	43.3	40.1
FEMALES:									
9-11..............	1,011	53.9	38.6	45.1	42.3	32.1	28.9	40.4	37.3
12-14.............	1,148	52.4	40.3	47.4	43.9	33.5	30.9	43.2	39.3
15-18.............	1,473	54.5	44.8	51.8	48.7	37.6	35.1	47.9	43.8
19-22.............	1,317	58.5	47.7	54.5	51.9	40.8	40.3	50.8	45.4
23-34.............	3,879	61.2	48.2	54.9	52.4	40.2	39.4	50.5	44.1
35-50.............	3,759	58.5	50.2	56.3	54.3	42.0	39.7	51.6	43.3
51-64.............	2,936	61.1	49.1	55.8	54.3	40.2	37.7	50.4	42.3
65-74.............	1,376	64.4	45.9	52.7	51.5	37.5	35.3	46.2	39.9
75 AND OVER.......	751	66.7	43.7	49.4	48.3	36.9	32.9	43.8	39.2
ALL INDIVIDUALS.....	2/36,142	57.7	44.8	51.2	48.7	37.8	35.5	46.4	41.2

Continued--

TABLE 6.3.--NUTRITIVE VALUE OF DINNER
PERCENTAGE OF NUTRIENT INTAKE PER DAY,1/ 1977-78

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1	22.8	32.1	21.2	21.0	27.0	25.8	22.2	25.0
1-2	31.7	32.7	28.4	26.9	39.1	36.0	31.3	30.3
3-5	35.4	35.7	30.6	29.5	39.8	38.9	34.4	33.5
6-8	36.2	37.3	31.1	30.3	40.6	40.0	35.5	32.4
MALES:								
9-11	37.5	36.9	33.2	31.4	42.8	41.8	36.9	34.0
12-14	39.0	40.6	33.9	32.6	42.9	42.7	36.5	36.8
15-18	40.5	42.5	36.7	35.3	45.3	45.6	39.8	39.6
19-22	44.8	47.6	41.8	40.7	49.4	49.6	44.8	46.0
23-34	47.1	51.8	44.5	43.9	51.5	54.4	48.1	50.2
35-50	47.7	53.7	45.3	44.2	51.4	55.5	49.0	51.5
51-64	46.3	51.9	42.0	42.1	49.7	53.4	47.0	48.9
65-74	43.7	49.6	39.8	39.5	48.0	50.4	44.4	45.6
75 AND OVER	41.5	45.9	38.6	36.7	47.1	49.6	40.3	46.3
FEMALES:								
9-11	37.6	39.4	32.9	31.3	42.7	42.7	36.7	35.0
12-14	40.0	41.5	35.7	34.2	45.7	45.7	39.6	36.9
15-18	44.4	45.7	41.3	39.6	50.7	50.6	44.1	42.8
19-22	48.1	53.0	45.5	44.9	53.3	55.3	48.8	48.8
23-34	48.2	52.6	45.5	45.1	52.8	55.9	49.0	48.2
35-50	49.5	53.6	46.6	46.2	52.8	58.4	50.8	49.7
51-64	48.1	53.3	43.9	44.6	51.9	56.5	50.8	46.5
65-74	44.8	50.1	40.2	40.8	48.7	50.7	46.7	41.5
75 AND OVER	41.8	49.1	38.1	37.8	46.9	48.5	43.3	44.4
ALL INDIVIDUALS	44.2	48.1	40.7	40.0	48.6	50.8	44.8	44.2

1/ BASED ON DAYS WITH DINNER REPORTED.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6.4.--NUTRITIVE VALUE OF SUPPER
PERCENTAGE OF NUTRIENT INTAKE PER DAY,1/ 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS REPORTING SUPPER	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	2/421	61.6	23.5	24.6	22.9	24.5	19.4	21.9	24.0
1-2...............	2/1,035	69.2	33.1	38.3	35.8	28.6	25.2	34.4	32.0
3-5...............	1,719	72.1	35.7	41.9	39.0	30.3	27.4	36.5	34.4
6-8...............	1,841	71.4	36.1	42.2	39.2	30.6	26.5	37.6	34.2
MALES:									
9-11..............	939	73.4	37.5	43.9	40.6	31.8	28.0	39.6	36.0
12-14.............	1,150	74.5	39.1	45.6	42.5	32.9	29.2	41.4	37.8
15-18.............	1,394	71.2	40.6	46.4	42.9	35.7	31.9	43.7	40.3
19-22.............	1,030	68.9	43.6	49.0	46.1	38.8	37.4	46.4	43.1
23-34.............	2,716	67.3	45.4	51.7	48.1	40.3	39.5	48.3	43.6
35-50.............	2,571	68.7	45.9	51.9	48.5	40.4	38.9	47.4	41.8
51-64.............	2,161	63.7	43.8	48.9	46.6	38.6	36.6	44.4	39.8
65-74.............	1,049	69.2	39.5	44.3	41.9	35.1	33.2	39.5	36.5
75 AND OVER........	465	74.3	37.7	40.0	39.5	34.7	33.4	36.7	33.8
FEMALES:									
9-11..............	1,011	71.6	38.0	44.0	40.9	32.6	28.2	40.3	36.3
12-14.............	1,148	73.1	39.5	46.3	42.2	33.7	29.7	42.6	38.6
15-18.............	1,473	71.5	42.7	49.5	45.9	36.4	34.3	45.7	41.8
19-22.............	1,317	63.9	45.9	52.1	48.8	39.8	39.8	48.2	44.9
23-34.............	3,879	64.8	46.8	53.6	50.3	40.4	39.8	48.9	43.3
35-50.............	3,759	67.9	47.6	53.6	51.0	41.3	39.0	48.9	41.4
51-64.............	2,936	67.7	44.3	49.5	48.3	37.7	36.9	44.5	39.0
65-74.............	1,376	68.0	40.0	43.8	43.3	35.1	35.6	39.1	35.2
75 AND OVER........	751	69.5	37.5	40.5	39.3	34.0	34.7	36.0	33.6
ALL INDIVIDUALS.....	2/36,142	68.6	42.1	47.9	45.1	36.6	34.6	43.6	39.2

Continued--

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TABLE 6.5.--NUTRITIVE VALUE OF SNACKS1/
PERCENTAGE OF NUTRIENT INTAKE PER DAY,2/ 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS REPORTING SNACKS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	3/421	71.4	32.0	31.1	33.4	30.6	35.9	21.4	30.6
1-2...............	3/1,035	83.3	22.1	16.0	19.4	26.8	25.2	14.2	22.7
3-5...............	1,719	80.0	20.0	12.3	17.1	25.1	19.5	13.6	19.2
6-8...............	1,841	78.4	18.2	11.4	15.8	22.8	17.9	12.1	17.6
MALES:									
9-11..............	939	79.1	18.6	11.6	16.6	23.0	18.2	12.2	17.9
12-14.............	1,150	78.1	19.6	12.3	16.7	24.8	18.7	14.1	18.6
15-18.............	1,394	78.4	21.8	14.8	18.9	27.0	22.1	15.8	21.2
19-22.............	1,030	71.5	22.1	14.1	17.5	27.7	21.8	15.2	22.6
23-34.............	2,716	81.1	18.6	10.8	13.7	23.8	18.7	12.3	22.0
35-50.............	2,571	79.9	16.5	9.8	12.3	21.0	18.7	11.2	21.8
51-64.............	2,161	75.1	15.3	9.3	11.7	19.2	18.9	10.1	18.9
65-74.............	1,049	69.0	15.0	9.2	11.8	19.3	18.4	9.3	16.0
75 AND OVER.......	465	60.7	14.4	9.1	10.4	18.6	16.8	10.1	15.7
FEMALES:									
9-11..............	1,011	76.0	18.3	11.1	16.1	23.0	17.3	12.3	17.2
12-14.............	1,148	77.9	21.0	12.8	18.6	26.2	19.8	14.7	19.7
15-18.............	1,473	76.7	21.5	13.4	17.9	27.6	21.2	15.4	20.5
19-22.............	1,317	77.7	21.0	12.8	16.3	27.0	21.3	15.6	22.4
23-34.............	3,879	80.9	18.1	10.2	13.4	24.5	19.1	13.3	21.3
35-50.............	3,759	78.6	16.1	9.3	11.8	22.1	18.8	12.5	21.4
51-64.............	2,936	74.2	15.8	9.4	12.0	20.7	18.7	11.5	18.7
65-74.............	1,376	66.0	15.4	9.6	11.9	20.4	19.3	10.2	15.9
75 AND OVER.......	751	58.1	14.6	9.4	12.1	19.0	18.9	9.8	15.3
ALL INDIVIDUALS.....	3/36,142	76.8	18.3	11.3	14.6	23.4	19.6	12.8	20.2

Continued--

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TABLE 6.5.--NUTRITIVE VALUE OF SNACKS1/
PERCENTAGE OF NUTRIENT INTAKE PER DAY,2/ 1977-78

SEX AND AGE (YEARS)	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1...........	33.2	24.3	27.5	32.2	19.9	28.9	35.3	34.0
1-2...............	21.1	16.7	17.7	22.1	11.0	16.7	18.8	22.1
3-5...............	16.7	14.4	14.5	17.1	11.0	13.6	13.2	18.5
6-8...............	15.5	13.0	12.9	15.5	10.3	11.7	12.2	15.6
MALES:								
9-11..............	15.9	12.9	13.0	15.7	10.8	11.3	12.5	14.4
12-14.............	16.5	14.5	14.9	16.7	12.4	12.9	13.5	16.5
15-18.............	19.5	16.1	16.9	19.2	14.5	14.8	15.2	17.3
19-22.............	20.0	15.2	16.0	19.3	15.9	16.5	14.0	15.8
23-34.............	16.8	11.7	12.7	16.5	14.5	13.0	10.7	12.6
35-50.............	15.8	10.5	11.1	15.5	14.0	11.8	9.6	10.3
51-64.............	14.6	11.2	11.1	14.9	11.9	11.0	10.3	12.3
65-74.............	13.9	11.1	10.6	14.8	10.0	10.4	10.7	12.2
75 AND OVER.......	13.4	10.2	11.5	14.3	10.2	11.6	10.9	15.0
FEMALES:								
9-11..............	15.2	13.3	12.9	15.2	10.5	11.3	11.8	15.1
12-14.............	17.4	15.8	15.1	17.1	12.5	13.2	13.5	17.6
15-18.............	18.4	15.4	15.5	17.8	12.9	13.7	13.9	17.5
19-22.............	18.5	15.8	15.8	18.0	14.1	14.2	13.2	18.9
23-34.............	15.9	12.2	13.0	15.6	12.4	11.0	10.7	14.6
35-50.............	14.9	11.8	12.1	14.8	12.7	10.4	9.8	13.8
51-64.............	14.4	11.2	12.2	14.8	11.8	10.6	10.5	13.6
65-74.............	14.0	11.6	12.2	15.5	9.6	10.9	12.0	13.5
75 AND OVER.......	13.8	11.4	11.5	15.4	9.5	10.5	12.5	13.7
ALL INDIVIDUALS.....	16.4	13.0	13.4	16.4	12.5	12.4	12.1	15.0

1/ INCLUDES COFFEE AND BEVERAGE BREAKS.
2/ BASED ON DAYS WITH SNACKS REPORTED.
3/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6.6.--NUTRITIVE VALUE OF OTHER EATING OCCASIONS1/ PERCENTAGE OF NUTRIENT INTAKE PER DAY,2/ 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS	INDIVIDUALS REPORTING OTHER EATING OCCASIONS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1............	3/421	47.2	55.6	56.5	59.1	51.2	60.0	48.7	53.5
1-2...............	3/1,035	15.6	23.9	25.4	22.7	24.1	35.5	18.0	28.0
3-5...............	1,719	9.0	24.9	22.4	23.0	27.0	23.7	21.3	23.3
6-8...............	1,841	7.7	21.6	18.0	20.4	23.4	18.5	17.9	19.8
MALES:									
9-11..............	939	9.3	30.6	28.8	29.1	31.5	27.4	28.6	29.9
12-14.............	1,150	10.4	28.8	26.1	27.0	31.3	27.8	28.2	28.4
15-18.............	1,394	10.2	30.3	29.1	28.8	30.6	27.2	29.4	29.0
19-22.............	1,030	13.1	33.4	29.6	29.3	34.0	30.2	28.0	33.7
23-34.............	2,716	12.9	24.3	18.9	19.3	24.8	22.8	18.6	27.1
35-50.............	2,571	14.0	20.8	16.6	16.0	21.2	20.4	15.3	22.4
51-64.............	2,161	15.2	21.6	17.3	17.0	21.3	20.4	16.9	21.7
65-74.............	1,049	13.3	25.3	21.1	22.6	24.2	23.0	21.4	25.6
75 AND OVER.......	465	9.8	25.9	24.0	24.6	27.2	23.9	21.9	24.2
FEMALES:									
9-11..............	1,011	10.5	26.0	24.0	25.4	27.4	25.2	22.3	23.9
12-14.............	1,148	8.8	23.4	20.0	20.2	26.1	19.8	19.3	20.5
15-18.............	1,473	9.7	33.9	30.4	31.5	36.6	30.5	31.4	33.0
19-22.............	1,317	12.9	25.8	20.5	20.5	27.9	22.8	20.1	27.2
23-34.............	3,879	12.7	22.6	17.1	17.4	23.4	20.7	18.8	23.9
35-50.............	3,759	14.1	23.3	19.0	19.6	24.2	21.2	20.3	22.6
51-64.............	2,936	14.5	21.2	18.7	18.9	22.3	20.9	18.6	22.0
65-74.............	1,376	12.8	27.1	25.1	25.0	26.6	25.6	24.2	25.6
75 AND OVER.......	751	10.3	28.0	26.7	27.3	27.8	26.2	24.0	24.7
ALL INDIVIDUALS.....	3/36,142	12.[illegible]	26.9	23.7	24.0	27.2	26.2	22.7	27.0

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TABLE 6.4.--NUTRITIVE VALUE OF SUPPER
PERCENTAGE OF NUTRIENT INTAKE PER DAY,1/ 1977-78

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1	21.7	28.0	20.7	20.2	26.6	25.6	20.7	24.3
1-2	32.0	32.4	28.5	26.8	39.0	36.5	30.7	29.7
3-5	35.3	31.4	30.6	28.9	39.4	38.0	33.7	30.3
6-8	35.2	32.7	31.0	28.8	39.6	38.1	33.8	31.1
MALES:								
9-11	36.7	35.0	32.6	30.5	41.5	40.4	35.7	34.0
12-14	38.5	36.1	34.7	32.5	43.9	42.5	37.0	36.5
15-18	40.2	40.4	37.0	35.3	45.9	46.0	38.7	40.8
19-22	44.0	45.7	41.1	40.2	47.6	49.7	42.9	45.4
23-34	46.3	49.2	44.2	43.0	49.0	52.9	46.9	49.4
35-50	46.4	50.1	43.0	43.0	48.8	53.3	47.1	50.2
51-64	43.8	46.6	39.7	39.9	45.6	49.0	43.8	46.0
65-74	39.7	40.4	35.7	36.0	41.4	44.0	40.1	40.1
75 AND OVER	36.7	37.8	34.7	34.7	39.3	38.9	34.9	33.8
FEMALES:								
9-11	37.2	36.1	33.4	31.0	41.5	40.5	34.8	32.8
12-14	39.0	38.0	35.9	33.4	44.9	44.4	37.4	35.7
15-18	42.8	42.4	39.5	38.0	48.4	48.2	42.1	40.6
19-22	47.1	46.5	43.8	43.3	50.3	52.3	46.5	44.8
23-34	47.4	50.0	45.0	44.2	50.5	54.8	48.0	48.2
35-50	47.5	49.6	44.6	44.4	49.4	54.9	49.0	47.9
51-64	44.0	46.7	40.2	40.9	45.5	49.6	44.8	41.8
65-74	39.9	40.3	35.6	37.5	40.3	43.0	41.5	35.4
75 AND OVER	37.5	37.6	33.4	35.7	37.7	39.0	38.4	33.3
ALL INDIVIDUALS	42.1	43.0	38.7	38.0	45.3	47.3	41.9	41.3

1/ BASED ON DAYS WITH SUPPER REPORTED.
2/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 6.6.--NUTRITIVE VALUE OF OTHER EATING OCCASIONS1/
PERCENTAGE OF NUTRIENT INTAKE PER DAY,2/ 1977-78

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	PERCENT							
MALES AND FEMALES:								
UNDER 1............	57.6	51.8	51.2	55.7	45.6	52.5	61.0	50.9
1-2...............	30.3	24.6	23.6	30.8	15.7	23.3	30.0	20.8
3-5...............	23.1	21.9	21.5	22.4	19.9	20.2	21.2	23.2
6-8...............	18.6	18.6	17.0	17.6	16.5	17.3	17.1	18.7
MALES:								
9-11..............	29.3	28.2	26.3	25.3	28.2	25.9	24.8	31.4
12-14.............	27.8	27.9	27.6	27.7	26.4	27.4	26.3	27.3
15-18.............	28.7	25.7	26.9	27.3	29.5	29.6	27.2	27.9
19-22.............	32.0	27.5	28.6	31.1	32.2	31.9	28.9	27.4
23-34.............	23.3	19.2	18.0	21.9	22.5	23.3	18.2	17.0
35-50.............	20.1	15.9	15.3	19.6	18.5	19.4	14.7	17.8
51-64.............	19.5	17.0	16.7	18.8	18.7	18.7	16.7	17.0
65-74.............	23.6	22.3	19.9	23.3	23.1	22.5	19.9	24.5
75 AND OVER.......	23.9	20.8	22.2	22.5	24.3	24.3	21.7	35.1
FEMALES:								
9-11..............	24.6	20.5	21.8	22.9	22.7	22.5	22.8	21.7
12-14.............	20.2	21.8	17.9	17.6	17.5	16.5	16.8	19.0
15-18.............	31.6	29.0	29.7	30.9	31.8	31.3	29.5	30.2
19-22.............	24.5	21.4	21.2	22.2	22.4	23.3	18.3	20.8
23-34.............	19.8	17.0	17.4	19.5	19.4	18.4	16.2	19.6
35-50.............	21.0	18.7	18.9	20.0	19.7	18.9	17.5	20.1
51-64.............	20.0	19.8	20.1	19.7	20.1	19.8	17.3	23.3
65-74.............	24.9	24.2	24.3	24.7	25.1	25.2	24.4	25.2
75 AND OVER.......	25.2	24.0	24.2	25.0	24.1	24.4	24.2	24.4
ALL INDIVIDUALS.....	25.7	23.0	22.7	24.8	23.3	24.1	23.1	23.9

1/ INCLUDES EATING OCCASIONS WITH NO NAME REPORTED AND EATING OCCASIONS NAMED BY RESPONDENT AS SOMETHING OTHER THAN BREAKFAST, LUNCH, BRUNCH, DINNER, SUPPER, SNACK, OR COFFEE OR BEVERAGE BREAK.

2/ BASED ON DAYS WITH OTHER EATING OCCASIONS REPORTED.

3/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7A.--FREQUENCY OF EATING

PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/421	0.0	0.6	7.8	20.0	26.7	23.8	13.0	4.7	2.4	0.5	0.4	0.1	0.0
1-2..............	3/1,035	.3	2.0	28.1	24.7	20.1	14.1	6.2	2.4	1.4	.4	.2	.0	.1
3-5..............	1,719	.1	2.4	35.4	30.1	18.9	9.3	2.2	1.0	.5	.1	(4)	.0	.0
6-8..............	1,841	.1	2.7	36.4	31.8	20.3	6.2	1.7	.5	.2	.0	(4)	(4)	(4)
MALES:														
9-11.............	939	.1	3.3	36.9	33.7	18.0	5.5	1.7	.6	.2	(4)	.0	.0	(4)
12-14............	1,150	.3	5.9	38.2	29.5	17.0	5.9	2.1	.6	.3	.1	(4)	.1	.0
15-18............	1,394	1.1	8.4	39.0	28.5	14.5	5.1	2.0	.7	.3	.2	.1	(4)	.1
19-22............	1,030	2.0	14.5	41.6	23.2	10.4	4.3	1.7	.9	.6	.3	.0	(4)	.1
23-34............	2,716	1.1	11.1	35.5	25.6	13.7	6.8	2.7	1.4	.9	.2	.3	.2	.3
35-50............	2,571	.7	7.8	37.0	26.1	14.0	7.6	3.6	1.8	.7	.3	.1	(4)	.2
51-64............	2,161	.4	5.9	40.0	28.0	12.4	7.2	2.9	1.4	.7	.3	.3	.2	.2
65-74............	1,049	.2	5.7	46.9	31.5	9.2	4.2	1.3	.6	.2	.1	.0	.0	.1
75 AND OVER......	465	.2	7.1	52.4	25.3	8.9	5.1	1.0	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.............	1,011	.2	3.5	40.7	32.4	16.0	4.7	1.6	.4	.2	.1	.0	(4)	.1
12-14............	1,148	.9	6.6	38.8	30.8	14.6	5.3	1.7	.6	.4	.1	(4)	(4)	(4)
15-18............	1,473	1.2	10.5	41.1	27.5	13.2	3.8	1.7	.5	.2	(4)	(4)	.0	(4)
19-22............	1,317	1.5	14.9	40.1	25.6	10.1	4.5	1.8	.7	.1	.3	.1	.0	(4)
23-34............	3,879	1.1	10.6	34.9	25.7	15.3	6.8	2.8	1.5	.5	.3	.1	.1	.2
35-50............	3,759	.7	8.1	38.6	26.4	14.3	6.9	2.4	1.1	.7	.2	.2	(4)	.2
51-64............	2,936	.4	7.1	41.9	26.8	14.2	5.8	2.3	.7	.5	.1	.1	(4)	.1
65-74............	1,376	.5	6.1	51.7	27.2	10.0	3.1	1.0	.3	.1	(4)	.0	(4)	.0
75 AND OVER......	751	.3	5.3	57.3	26.9	7.7	1.4	.7	.2	.0	.0	(4)	(4)	.1
ALL INDIVIDUALS...	3/36,142	.7	7.5	38.9	27.5	14.5	6.4	2.5	1.0	.5	.2	.1	.1	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 78.--FREQUENCY OF EATING
PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/54	0.0	1.3	9.9	27.9	26.4	26.4	6.4	1.2	0.5	0.0	0.0	0.0	0.0
1-2..............	3/137	.4	4.6	37.2	26.3	15.5	10.0	4.6	.6	.6	.2	.0	.0	.0
3-5..............	202	.2	3.6	49.1	28.8	12.1	4.1	1.2	.7	.3	.0	.0	.0	.0
6-8..............	186	.6	4.6	47.5	29.2	12.5	4.7	.7	.1	.1	.0	.0	.0	.0
MALES:														
9-11.............	99	.0	6.1	52.4	26.6	10.2	2.9	1.5	.0	.0	.0	.0	.0	.3
12-14............	93	.8	12.2	53.4	17.0	9.3	2.9	2.1	.6	.5	.3	.0	.0	.0
15-18............	113	1.8	12.5	52.1	22.2	8.1	3.1	.4	.0	.0	.0	.0	.0	.0
19-22............	92	1.1	18.6	41.0	24.6	9.5	3.0	.8	.0	1.0	.0	.0	.0	.0
23-34............	166	1.6	16.0	42.4	20.5	9.6	5.0	2.0	.8	1.2	.4	.0	.2	.3
35-50............	93	.0	16.8	45.0	19.0	8.7	7.0	2.8	.0	.6	.0	.0	.0	.0
51-64............	142	1.9	8.5	51.8	19.3	6.4	3.9	2.0	1.3	.8	.7	.4	.0	1.5
65-74............	254	.5	7.6	48.2	28.6	7.6	4.4	1.8	1.1	.3	.0	.0	.0	.0
75 AND OVER......	162	.0	10.7	55.0	23.6	5.7	4.8	.2	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.............	108	1.0	6.1	58.6	25.1	5.9	2.1	.8	.0	.3	.0	.0	.0	.0
12-14............	95	2.6	11.4	54.0	20.3	7.2	2.6	.9	.0	.6	.0	.0	.0	.3
15-18............	117	3.2	12.5	52.6	22.0	7.0	1.3	1.2	.0	.0	.0	.0	.0	.0
19-22............	155	2.2	17.2	40.3	24.3	9.1	3.2	2.1	1.0	.0	.0	.0	.0	.0
23-34............	349	1.6	16.5	41.3	21.5	11.1	4.4	1.9	.6	.5	.0	.0	.0	.0
35-50............	273	1.3	15.9	48.0	20.5	8.2	2.9	1.6	.7	.5	.2	.1	.0	.0
51-64............	380	1.8	12.9	51.7	22.1	6.8	2.4	1.0	.1	.5	.0	.1	.2	.2
65-74............	453	.5	8.1	55.1	25.0	6.8	3.0	1.0	.4	.1	.0	.0	.0	.0
75 AND OVER......	303	.4	7.5	56.6	25.1	8.6	1.2	.1	.0	.0	.0	.1	.1	.3
ALL INDIVIDUALS...	3/4,026	1.1	10.7	49.0	23.8	9.0	3.9	1.4	.4	.4	.1	(4)	(4)	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7C.--FREQUENCY OF EATING
PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1.........	3/55	0.0	0.0	15.9	17.4	24.7	23.9	11.3	3.2	1.2	1.5	0.0	0.9	0.0
1-2.............	3/127	.2	1.9	31.4	21.9	20.5	12.6	7.0	3.3	.9	.0	.0	.0	.3
3-5.............	243	.1	2.5	45.9	29.7	15.4	5.5	.4	.1	.4	.0	.0	.0	.0
6-8.............	197	.0	4.5	49.3	26.5	14.0	4.1	1.0	.5	.0	.0	.1	.0	.0
MALES:														
9-11............	94	.7	6.3	43.9	30.7	10.9	4.9	1.9	.3	.4	.0	.0	.0	.0
12-14...........	140	.4	8.0	43.2	28.5	13.7	4.5	1.5	.0	.0	.0	.2	.0	.0
15-18...........	133	.9	9.5	50.3	28.3	8.7	1.6	.2	.0	.3	.0	.2	.0	.0
19-22...........	121	2.1	11.7	47.5	24.7	9.4	3.0	1.2	.0	.2	.0	.0	.0	.0
23-34...........	309	1.2	14.3	38.2	25.7	11.1	3.7	2.5	.8	.5	.5	.3	.5	.6
35-50...........	203	1.2	14.3	48.3	20.8	6.1	6.6	.6	.8	1.2	.0	.0	.0	.0
51-64...........	218	.2	5.2	46.4	29.7	10.5	5.8	.8	1.1	.3	.0	.0	.0	.0
65-74...........	242	.0	5.6	40.7	35.9	11.0	5.1	[illegible]	.5	.5	.0	.0	.0	.0
75 AND OVER.....	84	.0	5.4	41.5	32.6	13.0	6.3	1.2	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11............	118	.0	3.4	46.8	30.1	11.0	5.9	2.0	.7	.0	.0	.0	.0	.0
12-14...........	130	.8	10.4	47.2	27.7	8.9	3.6	.4	.4	.5	.0	.0	.0	.0
15-18...........	140	2.0	13.8	43.9	22.7	13.1	3.5	.6	.4	.0	.0	.0	.0	.0
19-22...........	183	1.1	16.9	42.3	25.5	8.3	3.0	.8	1.4	.0	.3	.3	.0	.0
23-34...........	462	1.8	11.8	37.4	23.9	13.9	5.2	2.8	1.0	.7	.5	.2	.2	.4
35-50...........	340	1.8	11.5	50.0	21.0	8.5	3.8	2.1	.4	.6	.2	.0	.0	.2
51-64...........	380	.2	5.1	49.6	26.9	10.8	3.9	2.5	.7	.2	.0	.0	.0	.0
65-74...........	226	.3	5.2	51.0	30.1	9.7	3.1	.3	.1	.3	.0	.0	.0	.0
75 AND OVER.....	104	.0	3.8	49.8	30.3	9.8	2.4	3.4	.6	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/4,249	.8	8.5	44.4	26.6	11.5	4.8	1.8	.7	.4	.1	.1	.1	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 7D.--FREQUENCY OF EATING
PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/117	0.0	1.0	8.5	19.9	26.7	21.5	12.5	6.5	2.4	0.0	1.0	0.0	0.0
1-2.............	3/283	.4	1.9	26.3	24.2	20.1	15.7	6.5	2.9	1.3	.2	.6	.0	.0
3-5.............	406	.2	2.3	34.1	29.7	19.7	9.4	3.0	1.0	.2	.1	.1	.0	.0
6-8.............	468	.0	2.7	36.3	31.4	20.3	6.7	1.8	.6	.1	.0	.0	.0	.1
MALES:														
9-11............	200	.0	2.9	37.8	32.6	21.6	3.7	.4	.3	.7	.0	.0	.0	.0
12-14...........	222	.4	6.0	37.5	30.5	17.6	6.0	1.4	.4	.2	.0	.0	.0	.0
15-18...........	240	.6	7.5	39.1	31.8	11.8	4.9	2.6	.9	.5	.1	.0	.0	.1
19-22...........	166	3.6	13.0	38.4	28.3	8.6	2.6	2.9	.2	1.5	1.0	.0	.0	.0
23-34...........	695	1.0	10.1	33.9	27.3	14.9	7.7	2.0	1.4	1.2	.2	.2	.0	.2
35-50...........	508	.8	7.4	37.1	27.8	13.9	5.9	3.4	1.9	.6	.2	.3	.0	.6
51-64...........	412	.1	6.9	40.3	27.6	13.5	6.1	3.5	1.3	.6	.1	.0	.0	.1
65-74...........	152	.4	3.9	41.3	37.8	10.3	3.1	1.1	1.0	.0	.5	.0	.0	.5
75 AND OVER.....	47	.0	.0	53.6	24.1	9.8	10.6	1.9	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11............	225	.3	3.6	37.7	32.8	18.9	4.6	1.2	.4	.4	.0	.0	.1	.0
12-14...........	244	.6	5.6	40.0	33.6	12.7	4.4	1.5	.7	.6	.0	.0	.1	.0
15-18...........	260	1.5	10.0	40.2	29.3	14.2	2.9	.8	.6	.2	.2	.0	.0	.0
19-22...........	209	.5	19.5	38.1	22.5	10.3	5.6	1.3	.7	.3	.9	.0	.0	.0
23-34...........	1,009	1.1	10.9	35.4	25.9	14.1	7.1	2.9	1.6	.5	.4	.2	.0	.1
35-50...........	673	.3	6.6	38.0	27.2	15.6	6.8	2.8	1.3	.7	.0	.4	.0	.2
51-64...........	521	.2	7.4	38.0	27.7	16.5	5.5	3.3	.9	.4	.1	.0	.0	.1
65-74...........	167	.3	3.7	48.2	28.5	14.3	4.7	.4	.0	.0	.0	.0	.0	.0
75 AND OVER.....	62	.0	3.5	59.5	31.0	3.7	2.3	.0	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/7,286	.6	7.1	36.8	28.3	15.5	6.7	2.6	1.2	.6	.2	.1	(4)	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7E.--FREQUENCY OF EATING
PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/115	0.0	0.0	4.7	20.8	29.7	23.1	13.3	5.3	1.9	0.9	0.2	0.0	0.0
1-2.............	3/271	.2	.6	21.6	26.2	23.3	16.2	7.1	2.8	1.2	.8	.0	.0	.0
3-5.............	532	.1	1.7	26.8	29.8	22.6	13.4	3.0	1.6	.9	.1	.0	.0	.0
6-8.............	594	.1	1.6	27.0	34.4	25.2	8.2	2.7	.6	.3	.0	.0	.0	.0
MALES:														
9-11............	328	.0	2.1	28.5	37.1	20.4	8.2	2.5	.9	.2	.1	.0	.0	.0
12-14...........	437	.1	3.6	30.8	30.9	20.8	8.8	3.4	.8	.3	.2	.0	.2	.0
15-18...........	555	.9	7.3	32.5	28.7	18.3	7.0	3.1	1.2	.4	.3	.2	.0	.1
19-22...........	313	.5	12.5	40.6	22.5	13.0	6.4	1.2	1.6	.5	.3	.0	.1	.3
23-34...........	953	1.1	10.1	34.1	25.7	14.4	7.6	3.5	1.5	.9	.1	.5	.2	.2
35-50...........	1,219	.4	5.6	33.1	26.6	17.0	9.3	4.5	2.2	.7	.3	.1	.1	.1
51-64...........	760	.1	4.0	34.5	30.8	13.8	9.6	3.3	2.2	.6	.3	.5	.2	.1
65-74...........	115	.0	1.7	44.3	29.8	14.3	6.7	2.5	.5	.0	.3	.0	.0	.0
75 AND OVER.....	35	.0	.7	48.0	35.3	16.0	.0	.0	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11............	339	.1	2.4	32.2	37.6	19.9	4.8	2.0	.5	.2	.1	.0	.0	.2
12-14...........	413	.7	4.9	33.3	32.7	17.5	7.6	2.2	.7	.2	.2	.0	.0	.0
15-18...........	559	.5	7.7	35.8	31.7	15.7	5.3	2.5	.6	.2	.0	.1	.0	.1
19-22...........	367	1.5	10.0	40.4	28.7	11.6	4.9	2.3	.1	.0	.2	.1	.0	.0
23-34...........	1,254	.6	9.0	29.5	28.3	18.0	8.2	3.2	2.0	.6	.1	.1	(4)	.3
35-50...........	1,507	.5	6.2	32.5	28.9	17.8	8.5	2.8	1.2	.7	.3	.2	(4)	.3
51-64...........	777	.1	3.2	33.9	29.3	19.7	8.5	3.2	.8	.6	.2	.2	.1	.1
65-74...........	117	.4	2.4	42.7	30.3	15.4	4.2	3.9	.0	.2	.2	.0	.2	.0
75 AND OVER.....	63	.0	3.4	62.8	28.6	5.1	.0	.0	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/11,624	.5	5.7	32.4	29.3	17.9	8.4	3.2	1.4	.6	.2	.2	.1	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7F.--FREQUENCY OF EATING
PERCENTAGE[1] OF 1-DAY DIETS[2] WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, ALL URBANIZATIONS, INCOME NOT REPORTED, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	[3]/80	0.0	0.9	4.3	15.2	23.8	26.2	18.9	4.9	5.2	0.3	0.3	0.0	0.0
1-2.............	[3]/216	.4	2.3	31.0	24.3	18.7	12.8	5.2	1.8	2.6	.5	.3	.0	.1
3-5.............	336	.0	2.7	34.6	32.0	18.8	8.5	1.7	.9	.4	.3	.1	.0	.0
6-8.............	397	.2	2.4	38.9	32.1	19.6	4.7	1.1	.6	.2	.0	.1	.1	.0
MALES:														
9-11............	217	.1	3.0	38.5	34.0	17.6	4.4	1.7	.6	.0	.0	.0	.0	.0
12-14...........	258	.2	5.2	43.1	31.2	14.8	3.0	.8	.5	.3	.0	.0	.0	.0
15-18...........	354	1.5	8.9	40.8	28.0	14.5	4.3	1.2	.3	.0	.2	.1	.1	.0
19-22...........	338	2.7	17.1	42.3	20.5	9.3	3.9	1.9	1.2	.3	.1	.0	.0	.2
23-34...........	593	1.1	10.9	36.6	24.9	13.8	6.6	2.5	1.7	.7	.0	.4	.3	.3
35-50...........	547	1.0	9.0	40.3	26.8	11.2	5.9	3.0	1.6	.5	.6	.0	.0	.1
51-64...........	630	.6	7.2	41.7	26.4	12.0	6.2	3.1	.7	1.0	.4	.3	.2	.2
65-74...........	287	.0	6.5	55.0	27.7	6.4	3.1	1.0	.2	.0	.0	.0	.0	.0
75 AND OVER.....	136	.7	7.8	56.9	20.7	8.1	4.2	1.7	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11............	220	.1	3.7	44.9	28.9	14.7	5.2	1.4	.4	.2	.2	.0	.0	.2
12-14...........	266	.7	6.8	36.6	30.7	17.4	4.2	1.9	.6	.4	.2	.1	.0	.0
15-18...........	397	1.3	13.2	44.7	23.8	11.0	3.2	1.7	.7	.2	.0	.1	.0	.0
19-22...........	402	1.9	15.2	39.7	25.0	9.8	4.7	1.9	.9	.2	.2	.1	.0	.1
23-34...........	805	1.5	9.6	38.5	24.1	15.1	6.1	2.8	1.0	.2	.3	.2	.3	.1
35-50...........	967	.8	8.8	41.6	25.6	11.9	6.5	1.9	1.3	.9	.3	.0	.1	.1
51-64...........	878	.4	8.6	43.6	26.2	12.8	6.0	1.4	.5	.4	.1	.1	.0	.0
65-74...........	413	.7	6.4	52.1	26.8	10.4	2.2	.7	.5	.0	.0	.0	.0	.0
75 AND OVER.....	218	.4	4.0	59.7	26.0	7.4	1.3	.7	.5	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	[3]/8,957	.8	8.2	41.7	26.5	13.1	5.5	2.1	.9	.5	.2	.1	.1	.1

[1] PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
[2] BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
[3] EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 7G.--FREQUENCY OF EATING
PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/126	0.0	0.8	8.3	24.3	27.9	24.1	8.1	5.3	1.3	0.0	0.0	0.0	0.0
1-2.............	3/306	.0	2.2	28.3	25.7	22.8	13.1	4.9	1.7	.9	.2	.2	.0	.0
3-5.............	521	.1	2.6	38.3	33.4	16.4	6.8	1.8	.4	.1	.1	.0	.0	.0
6-8.............	482	.2	2.3	42.0	31.2	17.1	4.5	1.8	.7	.2	.0	.0	.0	.0
MALES:														
9-11............	264	.2	4.4	41.7	34.0	13.2	4.3	1.3	.7	.1	.0	.0	.0	.0
12-14...........	287	.1	6.3	40.8	28.0	13.9	6.7	2.9	.7	.3	.0	.1	.0	.0
15-18...........	387	1.1	8.6	43.0	28.3	11.9	3.7	2.0	.5	.3	.4	.0	.0	.2
19-22...........	318	1.9	15.4	43.3	22.2	8.4	4.5	2.4	.6	.5	.5	.0	.0	.0
23-34...........	846	1.4	13.7	38.9	25.2	10.9	5.3	2.2	1.1	.5	.2	.2	.2	(4)
35-50...........	657	.8	10.2	37.0	27.8	11.1	6.9	2.5	2.0	.7	.4	.2	.1	.4
51-64...........	565	.6	7.1	42.3	27.2	10.7	6.6	2.9	1.0	.5	.3	.1	.1	.4
65-74...........	300	.4	7.3	47.6	27.7	9.9	4.9	1.2	.8	.3	.0	.0	.0	.0
75 AND OVER.....	147	.0	10.7	51.3	24.2	8.6	4.0	1.2	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11............	269	.3	3.8	42.6	31.3	15.2	3.2	2.0	.9	.3	.2	.0	.1	.2
12-14...........	305	1.2	5.9	45.4	31.3	9.9	3.6	1.1	.4	.8	.2	.1	.0	.0
15-18...........	424	1.6	11.3	45.2	25.7	12.1	2.7	1.2	.1	.1	.0	.0	.0	.0
19-22...........	408	1.7	15.9	43.7	26.4	7.1	3.3	1.1	.3	.1	.0	.0	.0	.0
23-34...........	1,216	1.3	11.3	38.3	25.0	13.6	5.5	2.6	1.1	.5	.3	.1	.1	.1
35-50...........	1,097	.9	10.0	44.2	24.4	12.2	4.9	1.0	.9	.8	.2	(4)	.1	[illegible]
51-64...........	850	.8	9.1	42.1	25.7	13.9	5.1	2.1	.3	.4	(4)	.1	.1	.2
65-74...........	446	.7	6.9	48.8	29.6	10.2	2.2	.5	.9	.1	.0	.0	.0	.0
75 AND OVER.....	240	.2	8.3	57.4	27.0	5.6	.3	1.2	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/10,462	.8	8.8	41.5	27.1	12.6	5.3	2.0	.9	.4	.2	.1	.1	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7H.--FREQUENCY OF EATING

PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/150	0.0	0.6	6.0	17.4	25.5	25.1	17.8	5.1	1.2	1.0	0.2	0.0	0.0
1-2..............	3/389	.2	1.4	25.1	23.7	19.7	[illegible]	7.7	2.8	1.7	.5	.2	.0	.1
3-5..............	639	.2	2.0	28.8	31.3	22.6	[illegible]	2.1	1.2	.5	.2	(4)	.0	.0
6-8..............	737	.1	2.5	30.0	35.1	22.2	[illegible]	2.0	.6	.2	.0	(4)	.0	.0
MALES:														
9-11.............	346	.1	2.1	27.9	37.8	22.8	6.0	2.2	.7	.4	.0	.0	.0	.0
12-14............	457	.2	5.2	33.7	31.0	20.7	6.7	1.8	.4	.3	.1	.0	.1	.0
15-18............	544	.8	9.4	32.4	30.1	17.8	5.2	2.6	.9	.4	.1	.2	.0	.1
19-22............	406	2.1	12.7	39.5	25.3	11.2	4.2	1.1	1.7	1.1	.3	.0	.1	.4
23-34............	1,034	.9	9.7	30.2	27.6	15.6	8.4	3.5	1.6	.9	.1	.6	.2	.4
35-50............	1,122	.6	6.3	33.3	26.0	17.0	8.9	4.2	2.0	.9	.3	.1	(4)	.1
51-64............	870	.2	5.6	34.4	28.8	14.5	8.8	3.2	2.2	1.0	.4	.6	.2	.1
65-74............	361	.2	6.1	43.0	34.6	10.2	3.4	1.1	.8	.1	.2	.0	.0	.2
75 AND OVER.....	134	.5	6.6	48.2	31.0	6.7	6.1	.9	.0	.0	[illegible]	.0	.0	.0
FEMALES:														
9-11.............	402	.2	2.7	34.9	35.8	18.3	5.8	1.6	.2	.3	[illegible]	.0	.0	.2
12-14............	451	.8	6.2	34.3	30.4	18.1	6.8	2.1	.7	.2	[illegible]	.0	.1	.0
15-18............	546	1.0	8.3	37.1	29.9	15.3	5.2	2.1	.7	.2	.0	.1	.0	.1
19-22............	493	1.5	12.8	38.4	27.6	11.8	5.0	1.5	.8	.0	.4	.2	.0	.0
23-34............	1,488	1.1	10.2	30.2	26.8	16.9	7.8	3.4	2.0	.7	[illegible]	.1	.1	.2
35-50............	1,478	.4	7.0	32.6	27.7	16.3	8.4	3.8	1.8	.9	.4	.3	.1	.3
51-64............	1,043	[illegible]	5.4	38.3	28.5	16.9	6.7	2.3	.9	.5	.2	.2	.0	.1
65-74............	408	.3	2.8	48.8	29.0	12.3	4.7	1.7	.0	.1	.1	.0	.1	.0
75 AND OVER.....	238	.2	3.3	51.1	31.2	10.4	2.2	.9	.7	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/13,737	.6	6.6	33.8	29.0	16.8	7.7	3.0	1.4	.6	.2	.2	.1	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 71.--FREQUENCY OF EATING
PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/145	0.0	0.5	9.3	18.8	26.8	22.1	12.3	3.8	4.5	0.5	1.0	0.3	0.0
1-2.............	3/339	.7	2.5	31.4	24.9	18.1	11.8	5.6	2.6	1.5	.5	.3	.0	.1
3-5.............	558	.2	2.6	40.2	25.5	17.0	9.5	2.6	1.4	.8	.2	.1	.0	.0
6-8.............	622	.1	3.2	39.5	28.3	20.4	6.3	1.4	.4	(4)	.0	(4)	.1	.1
MALES:														
9-11............	329	.0	3.8	42.4	29.1	16.7	6.0	1.5	.3	.1	.1	.0	.0	.1
12-14...........	406	.4	6.4	41.5	28.8	15.2	4.6	1.8	.7	.3	.2	.0	.2	.0
15-18...........	462	1.4	7.0	43.4	26.7	12.7	6.1	1.5	.6	.2	.2	.2	.1	.0
19-22...........	306	1.8	16.1	42.7	21.5	11.4	4.1	1.6	.1	.1	.0	.0	.0	.0
23-34...........	837	1.0	10.1	38.7	23.7	14.3	6.3	2.2	1.5	1.2	.3	.2	.1	.3
35-50...........	791	.7	7.7	42.4	25.0	12.1	6.3	3.5	1.4	.4	.3	.1	.0	.2
51-64...........	726	.4	5.3	44.9	27.8	11.3	5.6	2.6	.8	.4	.2	.1	.1	.2
65-74...........	383	.0	4.0	50.0	31.5	7.7	4.5	1.7	.3	.2	.1	.0	.0	.0
75 AND OVER.....	184	.1	4.5	56.4	22.1	10.8	5.2	.9	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11............	340	.2	4.1	46.2	29.3	13.9	4.6	1.1	.4	.1	.0	.0	.0	.0
12-14...........	392	.6	7.7	38.8	31.0	14.3	4.7	1.6	.7	.3	.0	.0	.0	.1
15-18...........	503	1.1	12.3	42.0	26.6	12.0	3.3	1.6	.7	.2	.1	.0	.0	.0
19-22...........	416	1.2	16.5	38.6	22.5	11.1	5.1	2.8	1.1	.3	.5	.1	.0	.1
23-34...........	1,175	.9	10.5	37.4	24.9	14.9	6.8	2.3	1.1	.3	.3	.2	.1	.3
35-50...........	1,184	.9	7.8	40.7	26.8	13.9	6.7	1.9	.5	.4	.1	.1	.0	(4)
51-64...........	1,044	.5	7.0	45.3	26.0	11.9	5.5	2.4	.8	.5	(4)	.0	.0	.0
65-74...........	522	.5	8.0	56.3	23.9	8.0	2.5	.7	.0	.1	.0	.0	.0	.0
75 AND OVER.....	273	.5	4.3	62.8	23.0	7.1	1.7	.1	.0	.0	.0	.1	.1	.3
ALL INDIVIDUALS...	3/11,943	.7	7.4	42.3	26.0	13.5	6.0	2.2	.8	.5	.2	.1	(4)	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7J.--FREQUENCY OF EATING
PERCENTAGE[1] OF 1-DAY DIETS[2] WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	[3]/322	0.0	0.7	7.0	19.8	26.4	24.1	13.5	5.0	2.5	0.7	0.2	0.2	0.0
1-2..............	[3]/814	.3	1.5	25.8	25.0	20.6	14.9	7.0	2.7	1.4	.5	.2	.0	.1
3-5..............	1,327	.2	1.6	31.4	30.2	20.9	10.8	2.7	1.3	.6	.2	.1	.0	.0
6-8..............	1,482	.1	2.2	31.6	33.2	22.6	7.3	2.1	.7	.2	.0	(4)	(4)	(4)
MALES:														
9-11.............	750	.1	2.2	32.5	35.0	20.6	6.6	1.9	.7	.3	(4)	.0	.0	(4)
12-14............	923	.2	4.4	35.6	30.6	18.7	6.7	2.5	.7	.3	.1	(4)	.1	.0
15-18............	1,115	.7	7.0	35.0	29.9	17.0	6.2	2.6	.9	.4	.3	.2	(4)	.1
19-22............	850	1.8	13.8	38.9	24.6	11.5	4.7	1.9	1.1	.7	.4	.0	(4)	.2
23-34............	2,393	1.0	10.1	34.2	26.1	14.5	7.5	2.9	1.6	1.0	.2	.4	.2	.3
35-50............	2,228	.6	6.3	35.3	27.0	15.1	8.2	4.0	1.9	.7	.4	.1	(4)	.2
51-64............	1,923	.2	4.8	38.6	28.8	12.9	8.0	3.3	1.6	.8	.4	.3	.2	.2
65-74............	932	.1	3.9	45.6	33.1	9.9	4.7	1.5	.7	.2	.1	.0	.0	.1
75 AND OVER......	399	.2	5.3	51.8	26.3	9.6	5.7	1.1	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.............	795	.2	2.5	36.1	35.2	17.8	5.3	1.9	.6	.3	.1	.0	(4)	.1
12-14............	905	.7	5.8	34.9	32.4	16.5	6.2	2.0	.7	.5	.1	(4)	(4)	(4)
15-18............	1,164	.8	9.1	39.1	29.5	14.2	4.4	1.9	.6	.2	(4)	.1	.0	(4)
19-22............	1,045	1.2	13.6	37.2	26.8	12.0	5.1	2.2	.9	.2	.4	.1	.0	(4)
23-34............	3,298	.8	9.5	32.6	26.5	16.7	7.5	3.2	1.6	.6	.3	.2	.1	.2
35-50............	3,114	.5	6.1	36.1	27.8	15.7	8.0	2.8	1.4	.8	.3	.2	.1	.2
51-64............	2,542	.3	5.1	40.1	28.3	15.5	6.5	2.6	.8	.5	.1	.1	(4)	.1
65-74............	1,207	.2	4.6	51.2	28.4	10.8	3.3	1.1	.3	.1	(4)	.0	(4)	.0
75 AND OVER......	688	.2	4.5	56.8	27.8	7.9	1.5	.8	.2	.0	.0	(4)	(4)	.1
ALL INDIVIDUALS...	[3]/30,215	.5	6.3	36.6	28.6	15.7	7.2	2.8	1.2	.6	.2	.1	.1	.1

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[1] PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
[2] BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
[3] EXCLUDES BREAST-FED INFANTS.
[4] VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 7L.--FREQUENCY OF EATING
PERCENTAGE[1] OF 1-DAY DIETS[2] WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, OTHER RACES

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/30	0.0	0.9	7.1	14.1	22.4	31.3	10.6	7.4	6.1	0.0	0.0	0.0	0.0
1-2..............	3/61	.0	.5	18.4	15.4	25.6	25.7	7.1	2.7	3.9	.0	.6	.0	.0
3-5..............	113	.0	1.9	40.7	32.6	16.5	8.0	.2	.0	.0	.0	.0	.0	.0
6-8..............	100	.0	1.9	47.0	34.7	14.0	2.4	.0	.0	.0	.0	.0	.0	.0
MALES:														
9-11.............	51	.0	5.5	38.6	39.7	14.3	1.0	.8	.0	.0	.0	.0	.0	.0
12-14............	54	.0	8.4	31.5	31.8	21.8	5.0	.7	.0	.7	.0	.0	.0	.0
15-18............	52	1.1	10.1	30.7	44.2	12.2	1.6	.0	.0	.0	.0	.0	.0	.0
19-22............	36	7.3	11.2	27.4	30.2	13.0	9.5	1.4	.0	.0	.0	.0	.0	.0
23-34............	94	1.3	6.4	42.0	30.5	14.9	4.1	.8	.0	.0	.0	.0	.0	.0
35-50............	82	.0	5.2	43.6	22.9	16.2	8.7	1.3	2.1	.0	.0	.0	.0	.0
51-64............	41	.0	8.9	39.7	30.6	18.1	2.7	.0	.0	.0	.0	.0	.0	.0
65-74............	16	.0	.0	54.3	35.2	10.5	.0	.0	.0	.0	.0	.0	.0	.0
75 AND OVER......	4	.0	.0	.0	100.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.............	61	.0	4.7	51.1	27.5	13.5	3.2	.0	.0	.0	.0	.0	.0	.0
12-14............	69	.5	8.4	42.6	33.5	11.2	3.8	.0	.0	.0	.0	.0	.0	.0
15-18............	62	.5	12.4	37.8	28.8	17.7	1.6	1.3	.0	.0	.0	.0	.0	.0
19-22............	74	1.0	11.1	49.9	28.4	2.7	6.6	.4	.0	.0	.0	.0	.0	.0
23-34............	156	1.8	9.5	41.9	28.9	11.0	5.6	.4	.7	.0	.0	.0	.0	.0
35-50............	143	.8	10.0	44.9	28.6	13.2	2.2	.5	.0	.0	.0	.0	.0	.0
51-64............	60	.0	6.3	40.8	24.0	21.2	7.8	.0	.0	.0	.0	.0	.0	.0
65-74............	15	.0	4.3	41.8	34.5	16.3	3.2	.0	.0	.0	.0	.0	.0	.0
75 AND OVER......	4	.0	.0	22.6	67.5	9.9	.0	.0	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/1,378	.7	6.8	40.0	30.0	14.6	6.1	1.0	.5	.3	.0	(4)	.0	.0

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[1] PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
[2] BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
[3] EXCLUDES BREAST-FED INFANTS.
[4] VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 7K.--FREQUENCY OF EATING
PERCENTAGE[1] OF 1-DAY DIETS[2] WITH SPECIFIED NUMBER OF EATING OCCASIONS, 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/68	0.0	0.0	12.2	23.8	30.3	19.1	10.7	1.7	0.4	0.0	1.8	0.0	0.0
1-2..............	3/158	.7	5.0	43.3	26.9	15.7	5.5	1.8	.7	.3	.0	.0	.0	.0
3-5..............	276	.1	6.3	52.3	28.4	10.0	2.5	.4	.0	.0	.0	.0	.0	.0
6-8..............	255	.4	5.9	60.0	22.4	9.4	1.7	.3	.0	.0	.0	.0	.0	.0
MALES:														
9-11.............	137	.0	8.6	60.0	24.1	5.4	1.2	.7	.0	.0	.0	.0	.0	.0
12-14............	173	.5	12.8	54.0	23.0	6.6	2.0	.5	.2	.0	.0	.0	.0	.0
15-18............	226	3.0	15.0	60.9	17.7	2.6	.6	.0	.1	.0	.0	.0	.0	.0
19-22............	136	1.8	18.8	62.4	13.6	2.0	.6	.0	.0	.0	.0	.0	.0	.0
23-34............	229	2.4	23.5	47.4	18.4	5.4	1.1	1.0	.2	.0	.0	.0	.0	.0
35-50............	254	1.5	21.7	51.0	19.1	3.6	1.6	.6	.5	.4	.0	.0	.0	.0
51-64............	195	2.4	16.3	53.8	20.1	6.2	.5	.0	.0	.0	.0	.0	.0	.0
65-74............	99	.6	23.3	56.7	15.8	2.7	.6	.4	.0	.0	.0	.0	.0	.0
75 AND OVER......	62	.0	18.7	60.2	14.1	5.0	1.5	.5	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.............	154	.5	7.9	60.5	20.3	8.1	2.3	.4	.0	.0	.0	.0	.0	.0
12-14............	172	2.0	10.4	57.6	21.4	6.1	1.1	.4	.3	.1	.0	.0	.0	.0
15-18............	243	3.7	16.5	51.6	18.4	7.0	1.6	1.0	.3	.0	.0	.0	.0	.0
19-22............	192	3.0	22.9	51.9	18.6	2.6	.3	.3	.0	.0	.0	.0	.0	.0
23-34............	421	3.4	20.0	50.5	18.0	5.4	1.1	.8	.3	.0	.1	.0	.1	.0
35-50............	493	2.0	20.0	52.6	16.8	6.1	1.3	.7	.0	.0	.0	.0	.0	.0
51-64............	331	1.7	22.4	54.8	16.2	3.5	.4	.4	.0	.2	.0	.0	.0	.2
65-74............	151	2.7	18.5	56.1	17.4	3.2	1.3	.0	.0	.0	.0	.0	.0	.0
75 AND OVER......	59	1.6	15.3	64.7	13.8	4.7	.0	.0	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/4,485	1.8	16.0	53.6	19.5	6.3	1.6	.7	.2	.1	(4)	(4)	(4)	(4)

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[1] PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
[2] BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
[3] EXCLUDES BREAST-FED INFANTS.
[4] VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7M.--FREQUENCY OF EATING

PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, SPRING 1977

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/75	0.0	0.0	7.9	22.7	27.7	18.1	11.9	6.1	5.0	0.4	0.4	0.0	0.0
1-2..............	3/246	.2	2.2	27.5	23.3	21.5	13.5	6.9	3.2	1.0	.5	.1	.0	.0
3-5..............	404	.1	2.3	37.4	29.0	17.6	9.2	2.5	.7	1.1	.1	.0	.0	.0
6-8..............	428	.2	3.1	35.8	30.2	20.5	6.2	3.0	.4	.4	.0	.0	.1	.1
MALES:														
9-11.............	196	.0	3.8	33.2	35.1	18.2	7.1	2.0	.5	.0	.0	.0	.0	.0
12-14............	296	.4	6.9	36.6	28.1	17.1	7.7	1.8	.8	.4	.1	.0	.0	.0
15-18............	365	1.0	5.9	38.0	28.1	14.4	7.4	2.8	.8	.5	.4	.2	.1	.3
19-22............	256	1.2	13.7	41.9	23.2	10.4	5.2	2.3	1.0	.5	.2	.0	.1	.0
23-34............	708	1.0	12.4	34.7	25.2	13.7	7.1	2.4	1.7	.8	.1	.4	.2	.1
35-50............	714	.9	7.8	38.5	23.9	15.0	7.3	3.5	1.9	.5	.2	.2	(4)	.1
51-64............	579	.7	6.7	41.6	27.5	12.6	5.7	2.7	1.0	.6	.5	.2	.1	.0
65-74............	270	.0	4.9	51.7	28.0	9.4	3.9	1.1	.7	.2	.1	.0	.0	.0
75 AND OVER......	114	.0	8.0	56.4	27.7	3.9	3.6	.4	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.............	222	.3	3.5	36.1	34.3	18.4	4.2	1.7	.5	.3	.1	.0	.0	.5
12-14............	295	.7	6.8	33.8	32.1	16.3	5.9	2.7	.8	.3	.2	.1	.1	.0
15-18............	374	1.4	10.0	38.6	27.0	16.2	4.0	2.1	.2	.2	.0	.1	.0	.1
19-22............	300	2.1	12.6	44.8	23.4	9.9	4.3	1.5	.7	.2	.0	.1	.0	.1
23-34............	865	1.5	10.7	36.4	24.8	14.3	6.2	2.8	1.5	.7	.2	.2	.2	.3
35-50............	838	.9	8.5	37.9	25.4	15.3	7.1	2.6	1.1	.7	.1	.2	.0	(4)
51-64............	715	.8	6.5	44.6	25.3	14.1	5.2	2.5	.4	.3	.1	.1	.1	.0
65-74............	346	.6	5.2	57.0	26.2	7.8	2.4	.5	.0	.3	.1	.0	.1	.0
75 AND OVER......	173	.8	6.1	60.7	21.2	9.6	1.3	.4	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/8,780	.8	7.5	39.6	26.5	14.6	6.3	2.6	1.0	.5	.2	.1	.1	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 7N.--FREQUENCY OF EATING

PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EATING OCCASIONS, SUMMER 1977

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	3/120	0.0	1.5	9.5	21.9	29.9	22.7	10.8	3.3	0.0	0.2	0.0	0.0	0.0
1-2.............	3/249	.5	2.0	26.9	25.2	20.5	14.0	6.2	2.2	1.6	.6	.1	.0	.1
3-5.............	425	.1	2.8	38.3	29.7	18.9	6.8	1.5	1.3	.4	.1	.1	.0	.0
6-8.............	454	.1	2.6	34.2	31.4	20.3	8.0	2.1	1.0	.2	.0	.1	.0	.0
MALES:														
9-11............	233	.0	3.1	34.2	31.3	20.9	6.5	2.3	1.0	.6	.2	.0	.0	.0
12-14...........	274	.2	5.5	37.5	30.4	14.2	7.7	2.7	.7	.3	.3	.0	.3	.0
15-18...........	320	.7	9.1	36.8	27.8	17.2	5.2	2.0	.8	.3	.1	.0	.0	.0
19-22...........	261	2.0	15.5	38.2	23.4	9.4	6.0	1.4	1.9	1.0	.7	.0	.0	.4
23-34...........	655	1.3	14.1	35.5	23.9	12.7	6.2	3.5	1.0	.9	.4	.2	.2	.2
35-50...........	664	.9	8.2	38.5	25.7	13.6	7.3	3.0	1.7	.8	.1	.2	.0	.1
51-64...........	520	.0	6.1	37.0	27.3	13.0	7.4	4.0	2.5	1.4	.5	.4	.2	.4
65-74...........	239	.0	6.4	44.2	33.0	8.0	5.9	1.2	1.0	.3	.0	.0	.0	.0
75 AND OVER.....	118	.6	10.0	51.7	22.0	9.0	6.0	.7	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11............	265	.1	4.0	39.5	31.8	15.4	6.1	2.3	.4	.3	.0	.0	.1	.0
12-14...........	288	1.4	8.5	38.5	29.9	12.9	5.2	2.3	.5	.8	.0	.0	.0	.0
15-18...........	382	1.2	11.8	41.0	26.8	12.0	4.6	1.6	.5	.3	.0	.0	.0	.0
19-22...........	372	1.3	16.5	37.1	25.3	10.3	5.6	2.2	.7	.2	.6	.2	.0	.0
23-34...........	975	1.4	11.2	34.5	24.9	15.2	7.7	2.2	1.7	.3	.1	.3	.1	.2
35-50...........	936	.8	8.1	38.6	27.9	12.7	6.7	1.8	1.3	1.2	.2	.2	.1	.3
51-64...........	751	.4	6.4	40.0	28.9	14.8	6.3	1.8	.6	.2	.1	.1	(4)	.2
65-74...........	342	.3	5.6	49.3	27.0	11.5	4.8	1.0	.5	.1	.0	.0	.0	.0
75 AND OVER.....	194	.0	4.0	53.7	30.5	6.9	2.1	1.7	.5	.0	.0	.1	.1	.1
ALL INDIVIDUALS...	3/9.037	.7	8.1	37.9	27.4	14.3	6.9	2.4	1.2	.6	.2	.1	.1	.1

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 70.--FREQUENCY OF EATING

PERCENTAGE[1] OF 1-DAY DIETS[2] WITH SPECIFIED NUMBER OF EATING OCCASIONS, FALL 1977

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	[3]/105	0.0	0.2	4.5	18.7	23.7	31.0	12.9	4.7	1.7	0.9	1.2	0.5	0.0
1-2..............	[3]/256	.4	2.6	31.7	24.0	18.4	14.7	4.5	2.2	.7	.4	.4	.0	.1
3-5..............	482	.1	2.2	32.5	29.9	20.2	11.5	2.2	.9	.1	.3	.1	.0	.0
6-8..............	487	(4)	2.6	38.9	31.8	20.2	5.4	.8	.2	.0	.0	.1	.0	.0
MALES:														
9-11.............	278	.0	3.3	38.1	33.0	18.5	5.5	1.4	.2	.1	.0	.0	.0	.0
12-14............	307	.1	5.8	38.4	30.3	19.2	4.1	1.3	.4	.3	.1	.0	.0	.0
15-18............	329	1.1	8.9	41.1	29.2	12.9	3.9	1.9	.8	.1	.1	.1	.0	.0
19-22............	245	2.7	15.9	39.1	23.5	12.1	3.6	.5	.6	.6	.2	.0	.0	.2
23-34............	626	.9	9.5	34.7	29.1	13.5	6.8	2.3	1.8	.7	.2	.1	.3	.1
35-50............	558	.5	8.4	33.0	29.8	12.8	8.8	3.6	1.1	.7	.7	.0	.1	.5
51-64............	503	.2	4.8	40.7	29.9	10.1	9.1	2.9	.7	.3	.1	.5	.2	.3
65-74............	267	.2	6.6	43.5	32.0	10.0	4.3	1.8	.6	.2	.3	.0	.0	.3
75 AND OVER......	110	.0	5.9	54.1	24.5	10.5	4.4	.5	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.............	245	.2	2.4	43.5	33.7	14.0	4.4	1.1	.4	.2	.0	.0	.0	.0
12-14............	297	.7	6.0	42.2	29.6	14.3	5.[illegible]	.8	.3	.1	.1	.0	.0	.0
15-18............	363	1.0	10.0	42.6	29.5	11.9	2.3	1.4	.6	.1	.0	.1	.0	.0
19-22............	308	1.2	14.9	40.1	25.0	10.2	4.7	2.2	1.0	.1	.2	.0	.0	.0
23-34............	1,066	1.0	11.8	35.1	26.0	14.4	5.9	3.1	1.6	.5	.3	.0	.1	.0
35-50............	1,037	.4	7.9	40.5	25.9	13.8	6.5	3.0	1.2	.4	.4	.0	.0	.1
51-64............	774	.4	8.7	40.7	25.9	14.1	6.3	2.4	.6	.4	.1	.2	.1	.0
65-74............	354	.2	5.4	53.7	26.2	10.6	2.2	1.3	.4	.0	.0	.0	.0	.0
75 AND OVER......	198	.0	5.9	56.8	29.3	7.7	.0	.0	.0	.0	.0	.0	.0	.3
ALL INDIVIDUALS...	[3]/9,196	.5	7.5	39.1	28.1	14.2	6.5	2.3	.9	.3	.2	.1	.1	.1

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[1] PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.

[2] BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.

[3] EXCLUDES BREAST-FED INFANTS.

[4] VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

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TABLE 7P.--FREQUENCY OF EATING

PERCENTAGE[1] OF 1-DAY DIETS[2] WITH SPECIFIED NUMBER OF EATING OCCASIONS, WINTER 1978

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
	NUMBER	PERCENT												
MALES AND FEMALES:														
UNDER 1..........	[3]122	0.0	0.4	9.0	17.4	25.4	22.0	15.9	5.4	3.9	0.6	0.2	0.0	0.0
1-2..............	[3]282	.2	1.2	26.5	26.2	20.1	14.2	7.0	2.0	2.1	.3	.2	.0	.0
3-5..............	408	.3	2.1	33.8	31.7	18.6	9.4	2.6	1.1	.4	.1	.0	.0	.0
6-8..............	471	.3	2.3	36.5	33.5	20.1	5.5	1.2	.6	.1	.0	.0	.0	.0
MALES:														
9-11.............	232	.4	3.2	41.1	35.7	14.4	3.1	1.3	.5	.2	.0	.0	.0	.1
12-14............	273	.3	5.1	40.4	29.1	17.5	4.3	2.6	.3	.1	.0	.1	.1	.0
15-18............	380	1.5	9.7	40.1	28.9	13.5	3.9	1.4	.4	.2	.2	.2	.0	.0
19-22............	267	1.9	13.1	47.1	22.7	9.7	2.2	2.3	.2	.3	.1	.0	.0	.0
23-34............	727	1.2	8.5	37.1	24.6	15.0	7.2	2.6	1.1	1.1	.1	.7	.1	.7
35-50............	635	.4	6.7	37.4	26.0	14.3	7.2	4.2	2.4	.8	.3	.0	.0	.1
51-64............	559	.5	5.9	40.5	27.6	13.7	6.8	2.2	1.4	.5	.2	.2	.1	.3
65-74............	274	.4	4.9	47.8	33.1	9.2	3.1	1.2	.3	.0	.0	.0	.0	.0
75 AND OVER......	123	.2	4.4	47.9	27.0	12.1	6.2	2.2	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.............	278	.2	3.9	43.3	30.3	16.5	4.0	1.2	.4	.1	.2	.0	.0	.0
12-14............	268	.6	5.1	40.8	31.9	15.0	4.2	.8	.8	.4	.1	.0	.0	.1
15-18............	354	1.3	10.4	42.3	26.8	12.7	3.8	1.7	.8	.0	.1	.0	.0	.0
19-22............	737	1.4	15.2	39.2	28.6	10.0	3.2	1.2	.6	.0	.4	.2	.0	.0
23-34............	974	.7	8.7	33.8	26.8	17.1	7.4	3.1	1.0	.6	.4	.1	.0	.2
35-50............	948	.9	8.0	36.9	26.5	15.7	7.2	2.1	1.0	.7	.2	.3	.1	.4
51-64............	696	.2	6.4	42.2	27.2	13.8	5.5	2.5	1.0	.9	.0	.0	.0	.1
65-74............	334	.9	8.3	46.4	29.6	10.1	3.0	1.0	.3	.0	.0	.0	.0	.0
75 AND OVER......	187	.5	5.2	58.6	25.7	6.7	2.2	.8	.3	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	[3]9,129	.7	6.9	38.9	27.9	14.9	6.2	2.5	1.0	.5	.2	.1	(4)	.1

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[1] PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
[2] BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.
[3] EXCLUDES BREAST-FED INFANTS.
[4] VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

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TABLE 8.--FREQUENCY OF EACH EATING OCCASION
PERCENTAGE[1]/ OF 1-DAY DIETS[2]/ WITH SPECIFIED NUMBER OF EACH EATING OCCASION, 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS	FREQUENCY								
		BREAKFAST			LUNCH[3]/			DINNER		
		0	1	2 OR MORE	0	1	2 OR MORE	0	1	2 OR MORE
	NUMBER	PERCENT								
MALES AND FEMALES:										
UNDER 1	[6]/421	15.0	80.2	4.8	26.1	69.2	4.8	65.2	33.3	1.5
1-2	[6]/1,035	2.8	94.3	2.9	15.3	82.1	2.6	55.3	44.3	.4
3-5	1,719	3.6	94.6	1.8	12.5	85.6	1.9	59.9	39.8	.3
6-8	1,841	3.6	95.3	1.1	11.1	87.3	1.6	59.0	40.8	.2
MALES:										
9-11	939	5.1	93.3	1.6	13.3	85.1	1.6	62.0	37.1	.9
12-14	1,150	9.0	89.5	1.5	16.2	82.2	1.6	61.8	37.8	.4
15-18	1,394	14.9	83.9	1.2	19.3	78.8	1.9	59.1	40.4	.5
19-22	1,030	25.9	72.3	1.8	23.6	73.7	2.7	56.4	43.3	.3
23-34	2,716	24.9	73.9	1.2	21.8	76.0	2.2	55.6	43.7	.7
35-50	2,571	16.4	82.0	1.6	21.4	76.4	2.2	55.1	44.3	.6
51-64	2,161	8.4	88.9	2.7	21.7	76.5	1.8	49.4	50.1	.5
65-74	1,049	4.1	94.3	1.7	27.5	71.3	1.3	52.5	47.3	.2
75 AND OVER	465	1.4	97.2	1.3	37.4	61.2	1.3	48.2	51.5	.2
FEMALES:										
9-11	1,011	6.3	92.9	.8	12.2	86.7	1.2	58.1	41.5	.4
12-14	1,148	14.1	84.8	1.1	16.9	81.0	2.1	61.1	38.5	.5
15-18	1,473	21.3	77.3	1.3	21.3	76.6	2.2	59.7	39.6	.7
19-22	1,317	28.4	70.1	1.5	23.2	74.9	1.8	56.3	43.2	.5
23-34	3,879	21.8	76.2	2.1	21.7	76.6	1.7	53.2	46.3	.5
35-50	3,759	14.7	82.9	2.4	22.7	75.4	1.9	55.3	44.3	.4
51-64	2,936	8.5	88.4	3.1	23.4	75.0	1.6	52.5	47.1	.4
65-74	1,376	5.4	91.6	3.0	27.4	71.5	1.1	49.3	50.4	.2
75 AND OVER	751	3.3	94.1	2.7	28.3	70.5	1.2	46.2	53.5	.3
ALL INDIVIDUALS	[6]/36,142	13.4	84.7	2.0	20.7	77.4	1.9	55.5	44.1	.5

Continued--

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TABLE 8.--FREQUENCY OF EACH EATING OCCASION

PERCENTAGE1/ OF 1-DAY DIETS2/ WITH SPECIFIED NUMBER OF EACH EATING OCCASION, 1977-78

SEX AND AGE (YEARS)	FREQUENCY									
	SUPPER			SNACK4/					OTHERS5/	
	0	1	2 OR MORE	0	1	2	3	4 OR MORE	0	1 OR MORE
	PERCENT									
MALES AND FEMALES:										
UNDER 1	47.1	51.4	1.5	37.6	20.7	18.4	11.6	11.6	62.0	38.0
1-2	40.1	59.5	.4	31.4	26.9	19.9	13.2	8.5	91.4	8.6
3-5	36.8	62.9	.4	36.4	31.3	19.8	8.7	3.7	96.6	3.4
6-8	37.9	62.0	.1	37.3	33.8	20.2	6.2	2.4	96.9	3.1
MALES:										
9-11	37.0	62.7	.3	36.9	36.1	18.7	6.0	2.3	96.5	3.5
12-14	35.7	64.0	.3	39.9	32.5	18.3	6.3	3.1	96.0	4.0
15-18	41.1	58.5	.4	40.2	33.2	16.6	6.1	3.8	96.0	4.0
19-22	45.3	54.4	.4	48.2	27.5	14.8	5.5	4.1	94.6	5.4
23-34	44.7	54.9	.5	37.6	30.8	17.0	7.5	7.1	94.5	5.5
35-50	43.4	56.3	.3	38.9	29.9	15.4	8.1	7.7	94.1	5.9
51-64	46.9	52.9	.2	42.7	30.5	14.4	7.1	5.3	93.2	6.8
65-74	40.3	59.6	.1	49.3	33.4	10.4	4.6	2.3	93.6	6.4
75 AND OVER	36.9	62.7	.3	53.4	31.6	9.8	3.9	1.4	95.1	4.9
FEMALES:										
9-11	39.1	60.5	.4	42.0	33.8	16.7	5.0	2.4	95.8	4.2
12-14	39.0	60.4	.6	39.4	33.1	18.5	5.6	3.4	96.5	3.5
15-18	41.7	58.0	.3	41.6	32.8	17.3	4.8	3.4	96.1	3.9
19-22	47.7	52.2	.1	43.2	30.8	15.5	6.6	3.9	95.1	4.9
23-34	47.5	52.1	.4	37.9	29.6	18.0	8.8	5.7	94.6	5.4
35-50	45.0	54.6	.4	40.2	29.6	16.9	7.5	5.7	94.0	6.0
51-64	44.7	55.1	.3	44.8	30.5	14.5	6.7	3.5	93.7	6.3
65-74	43.7	56.1	.2	53.8	30.3	11.5	3.2	1.1	94.5	5.5
75 AND OVER	42.0	57.6	.5	59.0	31.3	7.4	1.9	.5	95.2	4.8
ALL INDIVIDUALS	42.9	56.7	.3	41.2	30.9	16.3	5.9	4.6	94.4	5.6

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.

2/ BASED ON 3 CONSECUTIVE 1-DAY DIETARY REPORTS PER INDIVIDUAL.

3/ INCLUDES BRUNCH.

4/ INCLUDES COFFEE AND BEVERAGE BREAKS.

5/ INCLUDES EATING OCCASIONS WITH NO NAME REPORTED, AND EATING OCCASIONS NAMED BY RESPONDENT AS SOMETHING OTHER THAN BREAKFAST, LUNCH, BRUNCH, DINNER, SNACK, OR COFFEE OR BEVERAGE BREAK.

6/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 9.1.--CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION,1/ 1977-78

SEX AND AGE (YEARS)	HIGHEST EDUCATION LEVEL					
	ELEMENTARY SCHOOL OR LESS	SOME HIGH SCHOOL	HIGH SCHOOL COMPLETED	COLLEGE	NOT REPORTED	NO MALE HEAD
	PERCENT					
MALES AND FEMALES:						
UNDER 1.........	5.5	10.4	31.8	40.8	0.3	11.1
1-2.............	7.9	12.9	27.2	39.0	.1	12.8
3-5.............	9.1	12.0	29.2	35.3	.1	14.4
6-8.............	9.4	11.0	29.2	34.3	.3	15.8
MALES:						
9-11............	10.3	12.7	28.0	31.0	.3	17.9
12-14...........	13.0	11.2	29.7	28.6	.5	17.1
15-18...........	14.4	11.9	31.0	27.1	.3	15.3
19-22...........	11.5	13.6	30.1	33.7	.4	10.7
23-34...........	6.2	10.7	29.6	49.7	.1	3.6
35-50...........	11.7	12.6	35.5	38.6	.2	1.4
51-64...........	21.2	15.8	32.4	29.4	.3	.9
65-74...........	34.4	17.7	23.9	23.0	.3	.6
75 AND OVER.....	50.8	13.2	15.9	17.9	.6	1.6
FEMALES:						
9-11............	11.3	11.9	29.8	29.4	.4	17.2
12-14...........	12.1	12.6	30.2	27.7	.2	17.1
15-18...........	13.8	12.6	28.9	26.2	.1	18.4
19-22...........	9.5	13.1	27.4	26.5	.1	23.3
23-34...........	5.1	8.2	26.3	40.6	.2	19.6
35-50...........	10.5	11.0	27.2	31.4	.3	19.6
51-64...........	18.9	10.0	25.1	20.2	.5	25.3
65-74...........	20.5	9.7	11.5	12.0	.5	45.7
75 AND OVER.....	12.9	3.7	9.9	11.0	.1	62.4
ALL INDIVIDUALS...	12.8	11.5	27.7	31.6	.3	16.2

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.
3/ VALUE LESS THAN 0.5 BUT MORE THAN 0 BECAUSE OF FRACTIONAL WEIGHTING FACTOR.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 9.1.--CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION,1/ 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS2/	AGE (YEARS)					EMPLOYMENT STATUS				
		UNDER 20	20-34	35-64	65 AND OVER	NO MALE HEAD	FULL TIME	PART TIME	NOT EMPLOYED	NOT REPORTED	NO MALE HEAD
	NUMBER	PERCENT									
MALES AND FEMALES:											
UNDER 1..........	524	2.3	68.4	17.8	0.5	11.1	73.6	5.4	9.5	0.4	11.1
1-2..............	1,045	.4	63.0	22.9	.9	12.8	71.0	6.2	9.6	.3	12.8
3-5..............	1,719	0.0	54.4	29.7	1.5	14.4	70.3	4.3	10.8	.2	14.4
6-8..............	1,841	(3)	38.8	44.5	.8	15.8	70.5	4.8	8.7	.2	15.8
MALES:											
9-11.............	939	0.0	23.2	57.8	1.1	17.9	69.5	4.3	8.1	.3	17.9
12-14............	1,150	0.0	8.5	73.2	1.2	17.1	67.7	4.5	10.4	.1	17.1
15-18............	1,394	1.2	3.1	78.2	2.2	15.3	66.8	4.8	12.4	.7	15.3
19-22............	1,030	2.9	33.1	50.9	2.4	10.7	58.2	9.8	20.8	.5	10.7
23-34............	2,716	0.0	85.3	9.3	1.7	3.6	76.2	7.6	12.5	.1	3.6
35-50............	2,571	0.0	.1	97.6	.8	1.4	81.2	5.1	11.8	.6	1.4
51-64............	2,161	0.0	.4	98.1	.6	.9	62.9	7.3	28.3	.6	.9
65-74............	1,049	0.0	.3	1.3	97.7	.6	8.9	11.7	78.3	.5	.6
75 AND OVER......	465	0.0	0.0	6.8	91.6	1.6	5.4	4.7	87.8	.6	1.6
FEMALES:											
9-11.............	1,011	0.0	21.4	60.0	1.4	17.2	67.7	4.2	11.0	0.0	17.2
12-14............	1,148	.1	8.8	73.2	.8	17.1	67.4	4.4	10.1	1.0	17.1
15-18............	1,473	.8	5.4	73.4	2.1	18.4	65.9	4.0	11.4	.3	18.4
19-22............	1,317	1.2	38.2	35.4	1.9	23.3	59.3	5.9	11.0	.6	23.3
23-34............	3,879	(3)	56.9	22.5	1.0	19.6	67.9	4.7	7.7	.1	19.6
35-50............	3,759	0.0	1.8	77.1	1.5	19.6	66.0	4.2	9.7	.5	19.6
51-64............	2,936	0.0	.8	59.4	14.4	25.3	42.6	5.0	26.5	.6	25.3
65-74............	1,376	0.0	.2	8.3	45.7	45.7	7.3	4.5	42.2	.3	45.7
75 AND OVER......	751	0.0	0.0	11.9	25.7	62.4	10.3	1.5	25.8	0.0	62.4
ALL INDIVIDUALS...	36,255	.3	24.5	50.5	8.5	16.2	60.6	5.4	17.4	.4	16.2

Continued--

TABLE 9.2.--CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION,1/ 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS2/	AGE (YEARS)					EMPLOYMENT STATUS				
		UNDER 20	20-34	35-64	65 AND OVER	NO FEMALE HEAD	FULL TIME	PART TIME	NOT EMPLOYED	NOT REPORTED	NO FEMALE HEAD
	NUMBER	PERCENT									
MALES AND FEMALES:											
UNDER 1..........	524	6.6	80.2	12.7	0.1	0.4	14.5	8.5	76.1	0.5	0.4
1-2..............	1,045	3.4	79.5	16.5	.3	.3	15.6	16.0	67.4	.7	.3
3-5..............	1,719	.8	77.2	21.1	.5	.4	19.0	12.8	67.5	.2	.4
6-8..............	1,841	(3)	63.9	35.0	.4	.7	23.2	17.1	58.9	.1	.7
MALES:											
9-11.............	939	0.0	46.3	52.7	.4	.6	21.5	18.1	59.5	.3	.6
12-14............	1,150	0.0	25.4	72.8	.9	.9	27.8	18.9	52.1	.2	.9
15-18............	1,394	.4	7.5	88.0	1.2	2.8	28.6	17.5	50.6	.4	2.8
19-22............	1,030	7.5	14.4	60.3	1.0	16.7	24.6	15.5	43.2	0.0	16.7
23-34............	2,716	2.2	70.7	14.7	.9	11.6	27.4	13.9	47.0	.2	11.6
35-50............	2,571	.1	20.7	70.2	2.0	7.0	27.3	15.1	50.3	.3	7.0
51-64............	2,161	0.0	.9	86.5	3.9	8.7	21.8	13.7	55.3	.6	8.7
65-74............	1,049	.2	.3	43.8	44.0	11.7	7.8	5.2	75.3	.1	11.7
75 AND OVER......	465	0.0	.8	16.3	57.6	25.2	6.2	1.7	66.8	0.0	25.2
FEMALES:											
9-11.............	1,011	.1	44.6	52.5	1.2	1.6	23.6	17.1	57.5	.2	1.6
12-14............	1,148	.1	23.9	74.6	.4	.9	26.4	17.2	55.3	.2	.9
15-18............	1,473	4.5	8.4	85.1	.8	1.2	30.3	17.6	50.7	.1	1.2
19-22............	1,317	7.3	48.5	42.0	.9	1.3	33.0	15.5	49.6	.6	1.3
23-34............	3,879	(3)	92.1	6.8	.9	.2	32.3	16.5	50.7	.3	.2
35-50............	3,759	0.0	.2	98.7	1.0	.1	32.7	18.0	49.0	.2	.1
51-64............	2,936	0.0	.9	97.8	1.2	.1	23.9	12.1	63.7	.3	.1
65-74............	1,376	0.0	.7	3.5	95.6	.1	4.7	5.7	89.4	.2	.1
75 AND OVER......	751	0.0	.9	15.4	83.3	.4	5.3	3.6	90.3	.4	.4
ALL INDIVIDUALS...	36,255	1.1	34.0	53.1	8.4	3.5	24.6	14.5	57.2	.3	3.5

Continued--

TABLE 9.2.--CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION,1/ 1977-78

SEX AND AGE (YEARS)	HIGHEST EDUCATION LEVEL					
	ELEMENTARY SCHOOL OR LESS	SOME HIGH SCHOOL	HIGH SCHOOL COMPLETED	COLLEGE	NOT REPORTED	NO FEMALE HEAD
	PERCENT					
MALES AND FEMALES:						
UNDER 1..........	5.6	17.8	44.1	31.9	0.2	0.4
1-2.............	8.7	18.5	37.3	34.7	.4	.3
3-5.............	9.0	18.4	42.0	30.1	.1	.4
6-8.............	9.5	17.4	42.5	29.8	.3	.7
MALES:						
9-11............	9.7	19.5	45.8	24.1	.3	.6
12-14...........	13.9	17.8	44.1	23.1	.2	.9
15-18...........	12.0	17.8	41.9	25.3	.2	2.8
19-22...........	8.7	15.1	39.5	19.7	.2	16.7
23-34...........	5.6	12.5	35.7	34.5	.2	11.6
35-50...........	8.4	13.1	42.2	29.3	(3)	7.0
51-64...........	14.0	14.3	40.1	22.5	.4	8.7
65-74...........	22.5	15.9	31.0	18.7	.1	11.7
75 AND OVER.....	25.2	12.5	20.5	16.6	0.0	25.2
FEMALES:						
9-11............	11.7	18.4	42.9	25.2	.2	1.6
12-14...........	12.9	19.4	43.3	23.2	.2	.9
15-18...........	14.5	17.9	42.5	23.7	.2	1.2
19-22...........	7.2	16.6	44.7	30.1	0.0	1.3
23-34...........	5.6	12.3	39.8	41.9	.2	.2
35-50...........	10.7	15.2	44.4	29.3	.4	.1
51-64...........	19.1	18.4	39.3	22.6	.4	.1
65-74...........	33.2	19.8	24.1	22.1	.6	.1
75 AND OVER.....	37.9	12.9	24.2	24.0	.6	.4
ALL INDIVIDUALS...	12.4	15.9	39.8	28.2	.3	3.5

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.
3/ VALUE LESS THAN 0.5 BUT MORE THAN 0 BECAUSE OF FRACTIONAL WEIGHTING FACTOR.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 9.3.--HOUSEHOLD INCOME1/ AND RACE,2/ 1977-78

SEX AND AGE (YEARS)	ALL INCOMES				UNDER $6,000				$6,000-$9,999			
	INDIVID-UALS3/	WHITE	BLACK	OTHER RACES4/	INDIVID-UALS3/	WHITE	BLACK	OTHER RACES4/	INDIVID-UALS3/	WHITE	BLACK	OTHER RACES4/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1..........	524	80.2	13.5	6.2	59	48.2	38.0	13.8	69	78.6	11.1	8.8
1-2..............	1,045	78.8	15.2	5.9	137	50.0	41.2	8.8	128	80.1	9.9	8.8
3-5..............	1,719	77.2	16.0	6.6	202	45.7	42.3	12.0	243	69.0	16.6	13.5
6-8..............	1,841	80.5	13.8	5.5	186	55.1	35.1	9.4	197	69.0	18.4	12.7
MALES:												
9-11.............	939	79.9	14.6	5.4	99	48.4	39.7	11.9	94	67.5	20.8	11.7
12-14............	1,150	80.3	15.1	4.7	93	42.0	51.7	6.3	140	62.8	26.1	11.0
15-18............	1,394	80.0	16.2	3.7	113	46.7	45.0	8.3	133	61.3	28.4	10.4
19-22............	1,030	82.6	13.3	3.5	92	69.1	22.5	7.4	121	75.8	17.8	4.0
23-34............	2,716	88.1	8.4	3.5	166	76.8	17.4	5.8	309	85.3	9.8	4.9
35-50............	2,571	86.7	9.9	3.2	93	77.1	17.0	5.9	203	72.1	18.7	8.1
51-64............	2,161	89.0	9.0	1.9	142	67.4	31.8	0.0	218	82.4	14.3	3.3
65-74............	1,049	88.8	9.5	1.5	254	84.0	13.8	2.2	242	91.7	6.6	1.8
75 AND OVER......	465	85.7	13.4	.9	162	75.3	22.2	2.5	84	95.5	4.5	0.0
FEMALES:												
9-11.............	1,011	78.6	15.2	6.1	108	42.4	45.6	12.0	118	66.5	19.4	14.1
12-14............	1,148	78.8	15.0	6.0	95	41.9	47.1	9.3	130	61.6	19.8	18.6
15-18............	1,473	79.0	16.5	4.2	117	48.2	41.7	10.1	140	60.4	27.0	10.4
19-22............	1,317	79.3	14.6	5.6	155	69.6	25.3	4.5	183	74.0	14.4	8.9
23-34............	3,879	85.0	10.8	4.0	349	57.3	31.6	10.7	462	82.6	11.3	5.8
35-50............	3,759	82.8	13.1	3.8	273	50.3	41.0	8.8	340	69.6	21.9	8.1
51-64............	2,936	86.6	11.3	2.1	380	67.3	29.8	2.4	380	84.5	12.7	2.8
65-74............	1,376	87.7	11.0	1.1	453	83.7	15.3	1.0	226	89.4	9.1	1.5
75 AND OVER......	751	91.6	7.8	.5	303	83.4	16.8	.3	104	99.2	0.0	.8
ALL INDIVIDUALS...	36,255	83.6	12.4	3.8	4,030	64.5	29.4	5.9	4,264	77.4	15.0	7.1

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TABLE 9.3.--HOUSEHOLD INCOME1/ AND RACE,2/ 1977-78

SEX AND AGE (YEARS)	$10,000-$15,999				$16,000 AND OVER				NOT REPORTED			
	INDIVID-UALS3/	WHITE	BLACK	OTHER RACES4/	INDIVID-UALS3/	WHITE	BLACK	OTHER RACES4/	INDIVID-UALS3/	WHITE	BLACK	OTHER RACES4/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1..........	149	81.7	14.3	4.1	151	90.4	5.0	4.6	96	82.3	12.3	5.4
1-2.............	284	85.6	8.9	5.4	277	89.7	7.5	2.8	218	73.3	20.0	6.7
3-5.............	406	80.4	13.1	6.1	532	91.4	6.7	1.9	336	75.6	18.2	6.1
6-8.............	468	84.9	9.8	5.2	594	89.2	7.1	3.2	397	79.9	16.4	3.7
MALES:												
9-11............	200	84.4	10.8	4.8	328	90.4	5.9	3.7	217	79.7	17.2	3.0
12-14...........	222	83.7	11.4	4.8	437	90.9	6.0	3.1	258	82.6	14.3	3.1
15-18...........	240	77.7	18.9	3.3	555	92.6	4.7	2.5	354	79.3	18.8	1.9
19-22...........	166	78.9	16.4	4.7	313	90.4	6.9	2.8	338	83.2	13.5	2.3
23-34...........	695	87.8	7.9	4.3	953	92.5	5.9	1.5	593	85.9	9.9	4.2
35-50...........	508	82.8	12.7	4.2	1,219	90.9	6.6	2.4	547	88.0	10.2	1.8
51-64...........	412	91.1	7.4	1.5	760	95.9	2.5	1.5	630	86.4	11.0	2.6
65-74...........	152	89.5	9.9	0.0	115	98.8	1.2	0.0	287	86.3	11.2	2.0
75 AND OVER.....	47	94.5	5.5	0.0	35	100.0	0.0	0.0	136	85.4	14.6	0.0
FEMALES:												
9-11............	225	86.8	9.3	3.5	339	88.8	7.9	3.3	220	78.9	15.3	5.7
12-14...........	244	80.6	15.9	3.1	413	90.3	6.4	3.3	266	81.0	13.7	5.4
15-18...........	260	78.7	18.7	2.5	559	90.4	6.8	2.5	397	78.8	17.5	3.7
19-22...........	209	78.4	16.5	5.2	367	85.2	10.1	4.7	402	80.6	13.7	5.6
23-34...........	1,009	87.7	8.8	3.3	1,254	93.1	5.1	1.8	805	82.5	13.0	4.5
35-50...........	673	85.5	10.7	3.8	1,507	91.4	5.6	2.6	967	81.5	15.5	2.7
51-64...........	521	92.3	6.4	1.3	777	94.1	3.7	2.2	878	85.7	12.2	1.9
65-74...........	167	92.4	6.1	.9	117	93.4	5.3	0.0	413	87.7	10.8	1.5
75 AND OVER.....	62	97.3	0.0	2.7	63	100.0	0.0	0.0	218	95.3	4.7	0.0
ALL INDIVIDUALS...	7,319	85.6	10.7	3.6	11,667	91.7	5.7	2.4	8,975	83.1	13.5	3.2

1/ PREVIOUS YEAR'S HOUSEHOLD INCOME BEFORE TAXES.
2/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
3/ INCLUDES BREAST-FED INFANTS.
4/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 9.4.--REGION AND RACE,1/ 1977-78

SEX AND AGE (YEARS)	ALL REGIONS				NORTHEAST				NORTH CENTRAL			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1..........	524	80.2	13.5	6.2	114	77.8	11.3	10.1	142	88.1	11.9	0.0
1-2.............	1,045	78.8	15.2	5.9	247	78.9	13.2	8.0	273	86.1	11.2	2.1
3-5.............	1,719	77.2	16.0	6.6	398	80.6	11.7	7.2	465	86.6	12.1	1.1
6-8.............	1,841	80.5	13.8	5.5	448	83.5	9.1	7.4	513	87.3	11.1	.9
MALES:												
9-11............	939	79.9	14.6	5.4	235	79.6	11.7	8.7	296	88.8	9.8	1.4
12-14...........	1,150	80.3	15.1	4.7	272	87.9	9.0	3.0	326	90.7	7.1	2.2
15-18...........	1,394	80.0	16.2	3.7	329	88.0	7.9	3.8	385	88.7	10.2	1.1
19-22...........	1,030	82.6	13.3	3.5	231	89.2	7.7	2.6	298	89.5	7.5	.8
23-34...........	2,716	88.1	8.4	3.5	689	91.8	4.9	3.3	772	93.2	5.3	1.5
35-50...........	2,571	86.7	9.9	3.2	676	92.1	4.7	2.8	681	91.3	7.2	1.0
51-64...........	2,161	89.0	9.0	1.9	547	94.2	3.5	2.4	577	93.1	6.4	.4
65-74...........	1,049	88.8	9.5	1.5	241	93.5	4.8	1.7	265	91.7	7.7	.6
75 AND OVER.....	465	85.7	13.4	.9	101	97.5	2.5	0.0	132	87.6	12.4	0.0
FEMALES:												
9-11............	1,011	78.6	15.2	6.1	260	81.9	11.4	6.7	281	89.2	9.5	1.0
12-14...........	1,148	78.8	15.0	6.0	273	80.1	13.6	6.3	328	86.6	11.1	1.5
15-18...........	1,473	79.0	16.5	4.2	326	83.8	10.7	5.4	430	87.3	10.5	1.1
19-22...........	1,317	79.3	14.6	5.6	328	85.1	8.8	5.3	322	86.9	10.7	2.0
23-34...........	3,879	85.0	10.8	4.0	991	85.5	9.5	5.0	1,038	90.6	6.9	2.2
35-50...........	3,759	82.8	13.1	3.8	937	84.0	11.0	4.7	951	90.8	7.6	1.0
51-64...........	2,936	86.6	11.3	2.1	744	91.5	6.1	2.5	757	91.4	7.4	1.0
65-74...........	1,376	87.7	11.0	1.1	312	93.7	5.5	.9	327	90.4	8.8	.4
75 AND OVER.....	751	91.6	7.8	.5	193	97.2	2.0	.9	196	95.7	4.3	0.0
ALL INDIVIDUALS...	36,255	83.6	12.4	3.8	8,894	87.4	8.1	4.3	9,757	90.0	8.4	1.2

Continued--

TABLE 9.4.--REGION AND RACE,1/ 1977-78

SEX AND AGE (YEARS)	SOUTH				WEST			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:								
UNDER 1..........	155	71.8	24.4	3.7	112	84.0	2.5	13.5
1-2.............	315	70.3	26.9	2.8	210	81.7	5.4	12.9
3-5.............	553	67.3	27.7	4.9	302	76.3	6.5	17.2
6-8.............	600	71.8	23.3	4.8	280	81.8	6.1	12.1
MALES:								
9-11............	270	69.3	27.9	2.8	137	82.3	4.0	13.7
12-14...........	361	67.6	30.2	2.2	191	75.5	8.6	15.9
15-18...........	441	64.4	32.7	3.0	238	83.8	7.0	9.2
19-22...........	318	70.9	26.7	2.4	183	82.9	6.2	10.[illegible]
23-34...........	754	81.1	17.5	1.4	502	85.6	4.6	9.8
35-50...........	751	76.9	20.8	2.4	463	87.8	3.8	8.3
51-64...........	657	80.5	18.3	1.1	380	90.0	5.0	5.0
65-74...........	343	81.3	18.7	0.0	199	92.2	1.6	5.0
75 AND OVER.....	157	76.3	23.7	0.0	75	86.2	8.3	5.5
FEMALES:								
9-11............	309	66.6	29.1	4.2	161	77.9	4.6	17.4
12-14...........	356	70.0	24.3	5.7	190	79.9	6.4	13.7
15-18...........	448	65.3	31.8	2.8	269	82.8	7.5	9.8
19-22...........	371	66.3	30.0	3.3	296	81.0	6.0	13.0
23-34...........	1,140	78.0	19.1	2.8	711	87.4	5.2	7.4
35-50...........	1,196	74.2	22.9	2.7	675	85.3	6.1	8.3
51-64...........	975	77.6	22.0	.3	461	89.7	3.3	6.7
65-74...........	509	80.1	19.9	0.0	228	92.7	1.8	5.[illegible]
75 AND OVER.....	247	81.0	18.4	.3	114	98.1	1.0	.9
ALL INDIVIDUALS...	11,22[illegible]	74.2	23.4	2.4	6,378	85.2	5.1	9.6

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.
3/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 9.5.--URBANIZATION AND RACE,1/ 1977-78

SEX AND AGE (YEARS)	CENTRAL CITIES				SUBURBAN AREAS				NONMETROPOLITAN AREAS			
	INDIVID-UALS2/	WHITE	BLACK	OTHER RACES3/	INDIVID-UALS2/	WHITE	BLACK	OTHER RACES3/	INDIVID-UALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1..........	[illegible]49	60.1	32.1	7.1	193	91.3	3.5	5.2	183	84.7	8.8	6.4
1-2..............	[illegible]09	56.6	35.2	7.8	390	88.5	5.5	6.0	347	87.5	8.4	4.1
3-5..............	[illegible]21	55.8	36.6	7.1	639	87.1	6.8	6.1	558	85.7	7.4	6.6
6-8..............	432	57.2	33.8	8.4	737	89.6	5.6	4.8	622	87.7	8.1	4.0
MALES:												
9-11.............	264	55.9	33.5	10.7	346	90.3	6.4	3.2	329	88.3	8.1	3.6
12-14............	287	56.2	36.6	7.2	457	89.9	5.4	4.7	406	86.5	10.7	2.8
15-18............	387	58.9	34.6	6.4	544	90.7	5.8	3.3	462	85.1	13.0	1.9
19-22............	318	66.8	27.6	4.7	406	93.3	2.9	2.9	306	84.7	12.0	3.0
23-34............	846	77.5	18.5	4.0	1,034	90.9	4.3	4.8	837	95.2	3.4	1.3
35-50............	657	72.0	22.7	4.7	1,122	91.6	5.1	3.2	7[illegible]1	91.9	6.1	1.9
51-64............	565	74.1	23.0	2.7	870	94.9	3.2	1.7	726	93.5	5.1	1.5
65-74............	300	78.1	20.4	1.1	361	91.0	6.2	2.5	388	95.1	4.0	.9
75 AND OVER......	147	74.9	25.1	0.0	134	89.9	7.0	3.1	184	91.3	8.7	0.0
FEMALES:												
9-11.............	269	56.2	32.1	11.7	402	89.2	6.9	3.9	340	83.9	11.7	4.2
12-14............	305	52.0	37.8	10.3	451	90.6	4.0	5.0	392	86.1	9.9	3.8
15-18............	424	57.1	36.0	5.9	546	90.8	5.6	3.6	503	84.7	11.9	3.3
19-22............	408	61.0	30.9	7.8	493	87.8	7.1	5.1	416	87.3	7.5	4.1
23-34............	1,216	70.2	23.5	6.1	1,488	91.3	5.0	3.6	1,175	92.3	5.1	2.5
35-50............	1,097	63.9	29.7	6.1	1,478	91.5	4.7	3.6	1,184	89.6	8.2	1.9
51-64............	850	70.1	25.1	4.5	1,043	95.0	3.0	1.9	1,044	91.5	8.3	.2
65-74............	446	76.7	21.1	1.7	408	93.7	4.4	1.9	522	92.5	7.5	0.0
75 AND OVER......	240	80.8	18.6	.3	238	98.2	1.3	.4	273	95.3	4.1	.6
ALL INDIVIDUALS...	10,487	66.4	27.7	5.6	13,781	91.4	4.9	3.6	11,988	89.9	7.6	2.4

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.
3/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

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TABLE 9.6.--HOUSEHOLD SIZE,1/ 1977-78

SEX AND AGE (YEARS)	INDIVIDUALS2/	NUMBER OF HOUSEHOLD MEMBERS					
		1	2	3	4	5	MORE THAN 5
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1	524	0.0	1.4	29.4	32.8	19.4	17.0
1-2	1,045	0.0	1.8	23.9	36.6	17.7	19.9
3-5	1,719	0.0	1.9	14.2	39.2	21.3	23.4
6-8	1,841	0.0	2.0	10.4	32.5	26.2	28.8
MALES:							
9-11	939	0.0	1.5	7.5	27.9	27.4	35.7
12-14	1,150	0.0	1.1	8.9	26.1	23.4	40.5
15-18	1,394	0.4	2.4	14.9	24.9	20.2	37.2
19-22	1,030	4.2	16.7	24.0	20.6	14.6	19.8
23-34	2,716	7.2	24.2	23.7	26.5	10.9	7.6
35-50	2,571	4.9	13.2	16.0	27.9	19.2	18.8
51-64	2,161	6.5	44.7	24.4	11.8	6.3	6.3
65-74	1,049	9.5	68.7	14.8	3.4	.9	2.7
75 AND OVER	465	20.2	63.5	8.6	4.6	1.6	1.6
FEMALES:							
9-11	1,011	0.0	1.8	11.0	25.7	26.1	35.3
12-14	1,148	0.0	1.2	9.0	23.5	25.1	41.2
15-18	1,473	0.0	4.9	13.4	22.9	21.3	37.5
19-22	1,317	4.4	24.5	24.3	20.3	9.6	16.9
23-34	3,879	4.6	19.7	20.9	30.9	13.8	10.0
35-50	3,759	3.3	16.3	20.1	25.3	16.1	19.0
51-64	2,936	12.6	50.0	19.2	9.1	4.9	4.2
65-74	1,376	34.5	52.5	7.5	2.4	1.6	1.4
75 AND OVER	75[illegible]	43.2	36.8	11.7	3.2	2.0	3.1
ALL INDIVIDUALS	36,255	6.2	20.9	17.4	22.9	14.8	17.9

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

Age - Age at last birthday of each household member as reported by the household respondent. Age of infants was recorded in months; newborns under 1 month were recorded as being 0 months. (Birthdate was not used to calculate age.)

Average - Arithmetic mean computed as explained in text under "Methodology."

Breakfast - Any eating occasion called "breakfast" by a participant.

Calcium equivalent - This weight, expressed in grams, is the amount of fluid whole cow's milk that has the same quantity of calcium as the reported milk product (4). For example, the calcium equivalent of 2 ounces of cheddar cheese is calculated as follows:

(1) Derive calcium conversion factor--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole cow's milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.1$$

(2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor--

57 g x 6.1 = 348 g.

Central city - See "Urbanization."

Dietary intake - See "Food intake."

Dinner - Any eating occasion called "dinner" by a respondent, including some midday meals as well as some evening meals.

Eating occasion - Any report of eating or drinking by a respondent, including breakfast, lunch, brunch, dinner, supper, snack, coffee or beverage break, and other occasions. Each change in time reported on the questionnaire was considered to be a separate eating occasion.

Education - The highest grade of formal schooling completed by the male and female heads of household was asked on the questionnaire in the following categories: (a) none, never attended; (b) elementary, grades 1 through 8; (c) high school or high school equivalency--1 through 4 years; (d) college--1 through 5 years or more. "Not reported" was the category assigned to those not answering this question.

Employment status - Determined by hours worked by the male and female heads of household during the week prior to the interview. Categories were full time (35 hours or more), part time (1 through 34 hours), not employed, and not reported. Employment included any full-time or part-time work as well as helping without pay in a family business or farm and active duty in the armed forces. It did not include one's own housework, school, or volunteer work.

Ethnic origin - The household respondent was asked, "What is your origin or descent?" Cuban, Puerto Rican, Mexican, Chicano, Hispanic, Spanish, Central and South American, and Castilian were considered Hispanic and other responses non-Hispanic. Other members of the household were assigned the same ethnic origin as the household respondent.

Fall - See "Seasons."

Female head of household - Person indicated as such by the household respondent; usually the homemaker or wife of a male head.

Food from home - Food from the home food supply.

Food group - Food items categorized together in one group for purposes of analysis. See Table Notes (appendix B) for descriptions of the various food groups and subgroups.

Food ingested - See "Food intake."

Food intake - All beverages (except water) and foods ingested (swallowed) by the respondent, as reported in the 1-day dietary recall and 2-day diet record. Does not include inedible parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements.

Food obtained and eaten away from home - Any food or beverage ingested by a respondent that did not come from the home food supply. Food obtained away from home and carried home to be eaten, such as take-home pizza, was considered part of the home food supply.

Height - As reported by respondent, in inches.

Hispanic - See "Ethnic origin."

Home food supply - All food and beverages ingested at home or carried from home to be eaten elsewhere, such as picnics and packed lunches, were considered to be from the home food supply.

Household - Consisted of all individuals who regularly occupied a house, apartment, or a room or group of rooms that constituted a housing unit. Included persons temporarily absent, such as those who were traveling, in the hospital, or in a dormitory. Group quarters such as rooming houses, military barracks, and institutions were not included in the survey.

Household respondent - The household member who gave information on household food use during the 7 days prior to the interview and on household characteristics; usually the household member most responsible for meal planning or preparation.

Household size - Number of individuals in a household. See "Household."

Housekeeping household - Household in which at least 1 member had 10 or more meals from the home food supply during the survey week. Nonhousekeeping households were those in which no member had at least 10 meals from the home food supply during the survey period. Both types of household are included in the reports of intakes by individuals.

Income - Household respondent's estimate of the household's total money earnings from all sources before taxes by all members of the household in the calendar year prior to the date of the interview. Called "household income."

Infants - Children under 1 year of age.

Lactating female - A female member of the household identified by the household respondent as nursing a child who was 2 years old or less.

South - See "Regions."

Spring - See "Seasons."

Suburban areas - See "Urbanization."

Summer - See "Seasons."

Supper - Any eating occasion called "supper" by a participant.

Supplements - Specific nutrients such as vitamins and minerals ingested by respondents in a form other than in food or beverage. Not included in food and nutrient intake data.

Three-day dietary report - Three consecutive days of food intake including an interviewer-administered 1-day dietary recall and a self-administered 2-day dietary record.

Two-day dietary record - Diary kept by a participant (or person answering for him or her) reporting food intake for the day of the interview and the following day.

Urbanization - Description of household location, based on the Standard Metropolitan Statistical Areas (SMSA) as defined by the U.S. Department of Commerce in the 1970 Census of Population. The three urbanizations are defined as follows:

- Central city--population of 50,000 or more and main or core city within SMSA;
- Suburban area--generally within the boundaries of SMSA but not within legal limits of central city SMSA;
- Nonmetropolitan area--any U.S. area not within SMSA.

User - Any participant who reported a food item from a given food group or subgroup at least once during the 3 survey days.

Vegetarians - Respondents who identified themselves as vegetarian. Includes some respondents who ate animal products. (See question number 23, appendix M.)

Vitamin A value - Vitamin A activity derived from preformed vitamin A (retinol) in animal products and from provitamin A (carotenoids) in plant products. Value is expressed as International Units (IU). One IU equals 0.3 mcg of retinol or 0.6 mcg of beta-carotene.

West - See "Regions."

Weight - Body weight, as reported by respondent, in pounds.

Weighting factors - See Sample Analysis, appendix C.

Winter - See "Seasons."

	grains, and mixtures with grain as a main ingredient, such as pizza, spaghetti with sauce, enchiladas, quiche, egg rolls, rice and pasta mixtures, frozen plate meals with main course mainly grain, and noodle and rice soups.
Citrus fruits and tomatoes............	Includes oranges and other citrus fruits; orange juice and other citrus juices; mixtures of citrus and other fruit juices; baby-food citrus juices; raw and cooked tomatoes; tomato juice and tomato soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwich reported as a single item. (Excludes citrus fruit drinks and ades such as lemonade, which are reported under nonalcoholic beverages.)
Noncitrus fruits.........	Includes raw, cooked, and dried fruits other than citrus fruits; fruit salads and mixtures mainly fruit; noncitrus juices and nectars; and baby-food noncitrus fruits, juices, and nectars. (Excludes fruit drinks and ades, which are reported under nonalcoholic beverages.)
Dark-green and deep-yellow vegetables...	Includes raw and cooked dark-green leafy vegetables such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures mainly dark-green vegetables, such as spinach souffle and spinach soup; baby-food spinach; raw and cooked deep-yellow vegetables, such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures mainly deep-yellow vegetables, such as sweetpotato casserole and peas and carrots; and baby-food carrots, squash, and sweetpotato.
White potatoes and viandas..................	Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; mixtures mainly potato, such as potato salad and potato soup; raw and cooked viandas (Puerto Rican starchy vegetables), such as plantain, green bananas, cassava, yams, tannier, celeriac, taro, and dasheen; plantain

Census region and division	Number of strata			
	Central city Zone I	Suburban Zone II	Nonmetropolitan Zone III	Division
Northeast:				
New England	2	3	2	7
Middle Atlantic ..	8	9	4	21
North Central:				
East North Central	8	8	6	22
West North Central	2	2	5	9
South:				
South Atlantic ...	4	6	7	17
East South Central	2	1	4	7
West South Central	4	2	5	11
West:				
Mountain	2	1	2	5
Pacific	6	7	2	15
Total	38	39	37	114

Primary Sampling Units

Every stratum was divided into one or more primary sampling units (PSU). The PSU's were formed from counties, cities, or parts of cities, and each contained at least 10,000 housing units. Twelve strata were represented by only one PSU each, and these PSU's were picked with certainty.[1] From the other 102 strata, PSU's were drawn with probabilities proportional to size.

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[1] Cook Co., IL; Kings Co., NY; Los Angeles Co., CA (double strata); New York Co., NY; Queens Co., NY; Chicago, IL (double strata); Detroit, MI; Los Angeles, CA (double strata); Philadelphia, PA.

Selection of Area Segments Within PSU's

Each PSU drawn was divided into small clusters of housing units called "area segments." The area segments were designed, based on the 1970 Census, to contain 100 or more housing units. In urban areas, area segments usually consisted of one or more city blocks; elsewhere, they consisted of part of a Census enumeration district. From the PSU's, 2,500 area segments were drawn; the number of area segments in a PSU was proportional to the size of the stratum in which the PSU was located. The probability that an individual area segment would be drawn from a PSU was proportional to the ratio of the number of housing units in the area segment to the total number of units in the PSU.

Prelisting of Area Segments

All 2,550 area segments were prelisted to determine the number of occupied housing units. Then, the national increase in the number of housing units from 1970 to 1977 was estimated. This information, together with estimates of occupancy and completion rates, permitted calculation of sampling ratios for the area segments that would yield a total of 3,750 households per quarter.

Selection of Sample Housing Units

For the first two quarters, an average sampling ratio of 2.3 households per segment was used. The housing units were ordered within their respective segments. For each quarter, a sample was systematically selected from each segment, without replacement, after a random start. By the end of the second quarter, the estimated completion rate had been adjusted, and an average

Number of daily dietary reports in the NFCS 1977-78

Sex and age (years)	Dietary intakes reported					
	1 day		2 days		3 days	
	Weighted count	Unweighted count	Weighted count	Unweighted count	Weighted count	Unweighted count
Males and females:						
Under 1	26	23	9	8	524	535
1-2	52	46	34	33	1,045	1,064
3-5	76	67	56	52	1,719	1,740
6-8	94	90	72	64	1,841	1,879
Males:						
9-11	50	46	28	26	939	961
12-14	42	39	34	32	1,150	1,168
15-18	67	63	49	48	1,394	1,399
19-22	86	55	36	24	1,030	659
23-34	223	133	93	57	2,716	1,750
35-50	232	149	82	49	2,571	1,655
51-64	182	115	56	35	2,161	1,388
65-74	105	64	23	16	1,049	686
75 and over	54	41	9	6	465	326
Females:						
9-11	46	45	26	27	1,011	1,034
12-14	37	33	35	29	1,148	1,159
15-18	60	60	62	57	1,473	1,479
19-22	128	74	59	34	1,317	814
23-34	374	207	93	51	3,879	2,394
35-50	336	193	88	54	3,759	2,322
51-64	346	210	64	44	2,936	1,963
65-74	153	109	46	26	1,376	1,057
75 and over	101	84	31	22	751	598
All individuals ..	2,870	1,083	1,083	794	36,255	28,030

Description of the Sample

The NFCS 1977-78 actually consisted of two surveys and two target populations. The first survey collected information from 14,930 private households (unweighted count) of 1 of more members. The households were from a statistically selected sample of all private households in the 48 conterminous States, stratified by region, urbanization, and geographic or demographic similarities. The second survey collected information from 30,770 individuals (unweighted) in the households of the first survey. The number of individuals represents approximately 90 percent (estimated from spring quarter) of those that were eligible by the survey design, and 14,035 households (unweighted) had at least one member sampled. Excluded from this report are about 9 percent or 2,740 individuals (unweighted) who did not complete food intake questionnaires for all 3 days.

Design

The household survey was designed to be a self-weighting, multistage, stratified area sample of 15,000 households in the conterminous States. During each quarter, 3,750 households were to be sampled by use of an interpenetrating design. The sampling frame was organized by use of the 1970 Census of Population and Housing. In the spring quarter of the individual survey, all members of the households were eligible to participate. In the other quarters of the individual survey, all individuals 18 years or younger were eligible, but only one-half of those 19 years or older were eligible.

Stratification

The 48 conterminous States were divided into 114 strata on the basis of 3 levels of stratification--geographic division, urbanization or zone, and demographic or other geographic similarities. Each of the nine census geographic divisions that constitute the four census regions (see tabulation) was divided into the three census zones defined below:

Zone I (Central city)--the area comprising the central city or cities in standard metropolitan statistical areas (SMSA);

Zone II (Suburban)--the area in SMSA's outside Zone I;

Zone III (Nonmetropolitan)--any area not included in Zones I and II.

The two levels of division and zone were then grouped at the third level based on cities or other political entities, economic trading areas, geographic units, and/or by size. This procedure resulted in 114 homogeneous strata of approximately 600,000 households each. The distribution of these strata by census geographic divisions and zones is shown below.

sampling ratio of 2.86 households per segment was used for the last two quarters. With the above adjustments, the target of responses from 15,000 households was closely approximated during the year-long survey period.

Selection of Eligible Individuals

During the spring quarter, all individuals regularly living in the selected household were eligible to participate in the individual intake phase of the survey. During the other quarters, all individuals under 19 years of age were eligible but only half of the individuals 19 years and older were eligible. The selection was accomplished by using a special form. All individuals over 18 in a given household were entered on the form in the same order in which they were listed in the household survey. Then either the odd- or even-numbered persons were selected, depending on information on the form. This selection process was centrally controlled, and could not be modified by the interviewers. In one-person households, the household member was always eligible to participate.

If a household member was away from home during the initial interview but was expected to return before the end of the 3-day recording period, intake forms were left to be filled in with the assistance of the household respondent.

Weights

Although the household survey was designed to be self-weighting, it was determined after the survey ended that the completion rates for the various PSU's differed at a statistically significant level. Therefore, weighting factors were applied to data from completed schedules. The weights were calculated for each quarter for every PSU. The weights were designed to be proportional to the ratio of the expected number of completed schedules in a PSU to the collected number of completed schedules in a PSU; weights were scaled so that there would be 3,740 completed schedules per quarter. The weight factor applied to the household was also applied to the records of every individual in that household. In the summer, fall, and winter quarters, the weight factor was doubled for individuals over 18 years old to adjust for the half sampling that occurred. In one-person households, however, the weight factor was not doubled, regardless of the age of the individual. After weighting was completed, a few household schedules had to be discarded because of invalid or incomplete data. The following tabulation gives the weighted and unweighted household and individual counts by season:

Quarter	Households		Individuals	
	Weighted count	Unweighted count	Weighted count	Unweighted count
Spring	3,739	3,322	9,811	8,778
Summer	3,728	3,468	10,107	6,584
Fall	3,728	4,071	10,140	7,696
Winter	3,731	4,069	10,151	7,712
Total	14,926	14,930	40,209	30,770

Collection Counts

The following are the weighted and unweighted counts of individuals in the 22 sex-age groups distributed by the number of days of dietary intake reported for the year:

Collection Counts in Supplemental Surveys

The following are weighted and unweighted counts of households and individuals in the six surveys supplemental to the NFCS 1977-78:

Number of households and individuals in supplemental surveys

Survey	Households		Individuals	
	Weighted	Unweighted	Weighted	Unweighted
	Number			
Puerto Rico Households, July 1977-December 1977	3,040	3,040	7,902	7,950
Alaska Households (urban only) January 1978-March 1978	1,131	1,131	2,361	2,393
Hawaii Households, January 1978-March 1978	1,256	1,256	3,050	3,086
Low-Income Households, November 1977-March 1978, 48 conterminous States	4,629	4,623	12,266	12,847
Households with at least one member 65 years or older, May 1977-March 1978, 48 conterminous States	([1])	4,914	([1])	8,036
Low-Income Households, November 1979-March 1980, 48 conterminous States	3,009	3,002	9,123	8,492

[1] Not applicable

Appendix D: Recommended Dietary Allowances, 1980, Adapted Use for Use With the NFCS 1977–78

Table 1.--Recommended Dietary Allowances, 1980, expressed as levels of intake
Adapted for use with the USDA Nationwide Food Consumption Survey 1977-78

Sex and age (years)	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Kcal	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg(NE[1])	Mg	Mcg	Mg
Males and females:													
0.0-0.5	([2])	([3])	360	10	50	240	1,400	0.3	0.4	6	0.3	0.5	35
0.6-0.9	([4])	([5])	540	15	70	360	2,000	.5	.6	8	.6	1.5	35
1-2	1,199	22	726	15	127	674	2,000	.6	.7	9	.8	1.9	42
3-5	1,567	28	800	12	183	800	2,333	.8	.9	10	1.2	2.3	45
6-8	2,100	32	800	10	229	800	3,071	1.1	1.2	14	1.5	2.8	45
Males:													
9-11	2,513	38	950	13	288	950	4,063	1.3	1.5	17	1.7	3.0	47
12-14	2,713	46	1,200	18	356	1,200	5,000	1.4	1.6	18	1.8	3.0	51
15-18	2,800	56	1,200	18	400	1,200	5,000	1.4	1.7	18	2.0	3.0	60
19-22	2,900	56	800	10	350	800	5,000	1.5	1.7	19	2.2	3.0	60
23-50	2,700	56	800	10	350	800	5,000	1.4	1.6	18	2.2	3.0	60
51-64	2,462	56	800	10	350	800	5,000	1.2	1.4	16	2.2	3.0	60
65-74	2,400	56	800	10	350	800	5,000	1.2	1.4	16	2.2	3.0	60
75 and over	2,050	56	800	10	350	800	5,000	1.2	1.4	16	2.2	3.0	60
Females:													
9-11	2,325	39	950	13	269	950	3,688	1.2	1.4	16	1.7	3.0	47
12-14	2,188	46	1,200	18	300	1,200	4,000	1.1	1.3	15	1.8	3.0	51
15-18	2,100	46	1,200	18	300	1,200	4,000	1.1	1.3	14	2.0	3.0	60
19-22	2,100	44	800	18	300	800	4,000	1.1	1.3	14	2.0	3.0	60
23-50	2,000	44	800	18	300	800	4,000	1.0	1.2	13	2.0	3.0	60
51-64	1,842	44	800	10	300	800	4,000	1.0	1.2	13	2.0	3.0	60
65-74	1,800	44	800	10	300	800	4,000	1.0	1.2	13	2.0	3.0	60
75 and over	1,600	44	800	10	300	800	4,000	1.0	1.2	13	2.0	3.0	60
Pregnant:													
15-18	2,400	76	1,600	18	450	1,600	5,000	1.5	1.6	16	2.6	4.0	80
19-22	2,400	74	1,200	18	450	1,200	5,000	1.5	1.6	16	2.6	4.0	80
23-50	2,300	74	1,200	18	450	1,200	5,000	1.4	1.5	15	2.6	4.0	80
Lactating:													
15-18	2,600	66	1,600	18	450	1,600	6,000	1.6	1.8	19	2.5	4.0	100
19-22	2,600	64	1,200	18	450	1,200	6,000	1.6	1.8	19	2.5	4.0	100
23-50	2,500	64	1,200	18	450	1,200	6,000	1.6	1.8	19	2.5	4.0	100

[1] One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

[2] Weight (kg) x 115 = kilocalories.

[3] Weight (kg) x 2.2 = protein (g).

[4] Weight (kg) x 105 = kilocalories.

[5] Weight (kg) x 2.0 = protein (g).

Table 2.--Recommended Dietary Allowances, 1980, expressed as nutrient densities (per 1,000 kilocalories) Adapted for use with the USDA Nationwide Food Consumption Survey 1977-78

Sex and age (years)	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg(NE[1])	Mg	Mcg	Mg
Males and females:												
0.0-0.5	18.8	522	14.5	72	348	2,029	0.43	0.58	8.7	0.43	0.72	51
0.6-0.9	19.0	571	15.9	74	381	2,116	.53	.63	8.5	.63	1.59	37
1-2	18.3	606	12.5	106	562	1,668	.50	.58	7.5	.67	1.58	35
3-5	17.9	511	7.7	117	511	1,489	.51	.57	6.4	.77	1.47	29
6-8	15.2	381	4.8	109	381	1,462	.52	.57	6.7	.71	1.33	21
Males:												
9-11	15.1	378	5.2	115	378	1,617	.52	.60	6.8	.68	1.19	19
12-14	17.0	442	6.6	131	442	1,843	.52	.59	6.6	.66	1.11	19
15-18	20.0	429	6.4	143	429	1,786	.50	.61	6.4	.71	1.07	21
19-22	19.3	276	3.4	121	276	1,724	.52	.59	6.6	.76	1.03	21
23-34	20.7	296	3.7	130	296	1,852	.52	.59	6.7	.81	1.11	22
35-50	20.7	296	3.7	130	296	1,852	.52	.59	6.7	.81	1.11	22
51-64	22.7	325	4.1	142	325	2,031	.49	.57	6.5	.89	1.22	24
65-74	23.3	333	4.2	146	333	2,083	.50	.58	6.7	.92	1.25	25
75 and over	27.3	390	4.9	171	390	2,439	.59	.68	7.8	1.07	1.46	29
Females:												
9-11	16.8	409	5.6	116	409	1,586	.52	.60	6.9	.73	1.29	20
12-14	21.0	548	8.2	137	548	1,828	.50	.59	6.9	.82	1.37	23
15-18	21.9	571	8.6	143	571	1,905	.52	.62	6.7	.95	1.43	29
19-22	21.0	381	8.6	143	381	1,905	.52	.62	6.7	.95	1.43	29
23-34	22.0	400	9.0	150	400	2,000	.50	.60	6.5	1.00	1.50	30
35-50	22.0	400	9.0	150	400	2,000	.50	.60	6.5	1.00	1.50	30
51-64	23.9	434	5.4	163	434	2,172	.54	.65	7.1	1.09	1.63	33
65-74	24.4	444	5.6	167	444	2,222	.56	.67	7.2	1.11	1.67	33
75 and over	27.5	500	6.3	188	500	2,500	.63	.75	8.1	1.25	1.88	38
Pregnant:												
15-18	31.7	667	7.5	188	667	2,083	.63	.67	6.7	1.08	1.67	33
19-22	30.8	500	7.5	188	500	2,083	.63	.67	6.7	1.08	1.67	33
23-50	32.2	522	7.8	196	522	2,174	.61	.65	6.5	1.13	1.74	35
Lactating:												
15-18	25.4	615	6.9	173	615	2,308	.62	.70	7.3	.96	1.54	38
19-22	24.6	462	6.9	173	462	2,308	.62	.70	7.3	.96	1.54	38
23-50	25.6	480	7.2	180	480	2,400	.64	.70	7.3	1.00	1.60	40

[1] One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

Table 1.--Food energy and protein

Percentage of individuals with intakes at specified levels of 1980 Recommended Dietary Allowances,[1] 1977-78

Sex and age (years)	Individuals	Food energy Percent of RDA				Protein Percent of RDA			
		Below 50	50-69	70-99	100 and over	Below 50	50-69	70-99	100 and over
	Number	Percent				Percent			
Males and females:									
Under 1.........	[2]421	4.4	15.5	41.1	39.0	0.8	2.7	8.9	87.5
1-2.............	[2]1,035	2.5	12.5	36.6	48.5	.3	.3	1.5	97.9
3-5.............	1,719	2.4	14.5	47.0	36.0	.1	.2	2.3	97.4
6-8.............	1,841	3.4	21.4	52.3	22.9	0	.2	1.3	98.5
Males:									
9-11............	939	6.1	24.7	51.4	17.8	.2	0	1.6	98.2
12-14...........	1,150	6.3	23.5	47.6	22.6	.1	.3	3.1	96.5
15-18...........	1,394	5.4	15.9	44.5	34.1	.4	1.4	4.3	93.9
19-22...........	1,030	11.1	24.8	40.7	23.4	.4	.6	6.9	92.0
23-34...........	2,716	5.8	19.8	42.7	31.8	.2	1.4	5.5	92.9
35-50...........	2,571	7.8	23.3	44.8	24.1	.2	1.0	6.4	92.4
51-64...........	2,161	6.8	20.0	43.2	30.1	.6	1.4	7.2	90.9
65-74...........	1,049	8.4	29.0	45.2	17.5	.6	2.2	13.6	83.6
75 and over.....	465	6.5	14.9	46.2	32.3	.4	3.4	19.3	76.9
Females:									
9-11............	1,011	4.8	27.0	52.7	15.5	0	.3	2.8	96.9
12-14...........	1,148	6.3	22.5	47.2	24.0	1.0	1.7	8.0	89.3
15-18...........	1,473	9.8	22.7	42.4	25.0	1.1	3.8	10.7	84.4
19-22...........	1,317	14.4	30.0	40.1	15.5	1.8	4.4	14.8	79.0
23-34...........	3,879	13.2	26.0	39.7	21.1	1.6	3.8	14.3	80.2
35-50...........	3,759	13.4	29.2	42.6	14.8	1.7	2.9	12.7	82.8
51-64...........	2,936	8.6	24.3	42.4	24.8	1.2	2.2	12.1	84.5
65-74...........	1,376	9.9	25.3	45.6	19.2	1.4	4.7	13.0	80.9
75 and over.....	751	5.4	22.7	38.2	33.8	1.5	3.6	16.7	78.1
All individuals...	36,142	8.3	23.1	43.9	24.7	.8	2.0	8.8	88.4

[1] Based on 3 consecutive days of dietary intake.

[2] Excludes breast-fed infants.

Note: See appendix D for RDA values.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 2.--Calcium, iron, and magnesium
Percentage of individuals with intakes at specified levels of
1980 Recommended Dietary Allowances,[1] 1977-78

Sex and age (years)	Calcium Percent of RDA Below 50	50-69	70-99	100 and over	Iron Percent of RDA Below 50	50-69	70-99	100 and over	Magnesium Percent of RDA Below 50	50-69	70-99	100 and over
	Percent				Percent				Percent			
Males and females:												
Under 1.........	1.6	3.1	14.2	81.2	20.5	9.8	12.0	57.7	1.0	2.2	8.4	88.4
1-2.............	11.5	14.4	27.2	47.0	48.1	34.3	13.4	4.3	1.8	5.2	19.4	73.6
3-5.............	10.9	18.7	29.4	41.0	9.7	27.9	43.9	18.4	3.5	12.8	36.2	47.5
6-8.............	4.9	9.2	25.3	60.6	.7	5.6	29.7	64.0	3.9	12.5	38.3	45.3
Males:												
9-11............	6.5	14.8	29.8	48.9	1.8	10.6	42.7	44.9	6.3	21.1	42.6	30.1
12-14...........	13.3	19.0	32.4	35.2	7.7	26.8	43.2	22.2	13.5	29.1	38.0	19.4
15-18...........	13.2	15.6	28.5	42.6	6.5	17.6	42.9	33.0	15.5	28.7	36.4	19.4
19-22...........	10.5	13.7	23.0	52.9	.5	2.1	11.9	85.4	17.4	24.7	32.0	25.9
23-34...........	12.5	15.3	25.3	46.9	.4	1.9	9.0	88.6	10.6	21.0	38.1	30.3
35-50...........	17.2	18.3	28.9	35.7	.2	1.3	9.4	89.1	8.0	21.6	40.7	29.6
51-64...........	15.4	19.7	29.0	35.8	.7	1.9	10.1	87.3	7.8	21.1	40.0	31.2
65-74...........	17.6	20.2	29.8	32.3	.2	2.9	14.3	82.5	11.6	25.5	40.0	23.0
75 and over.....	18.1	19.4	26.6	35.9	.3	4.3	15.6	79.8	13.4	28.9	39.4	18.2
Females:												
9-11............	7.8	17.3	33.0	42.0	3.1	17.5	46.8	32.6	4.9	21.9	45.7	27.4
12-14...........	24.4	26.5	33.7	15.5	22.9	41.0	29.7	6.4	14.6	30.4	39.4	15.5
15-18...........	38.6	23.3	25.6	12.5	32.1	37.6	23.1	7.2	24.0	31.2	32.5	12.3
19-22...........	28.3	22.9	24.5	24.3	37.1	35.6	22.5	4.9	29.9	32.3	28.1	9.8
23-34...........	30.5	24.8	22.1	22.5	34.8	36.8	23.3	5.0	24.6	29.4	31.6	14.4
35-50...........	35.9	25.6	23.0	15.6	32.6	38.6	24.2	4.6	17.0	31.1	37.4	14.5
51-64...........	31.3	26.0	25.4	17.3	2.5	7.5	30.6	59.4	11.1	30.0	37.4	21.6
65-74...........	30.6	26.6	24.5	18.3	3.2	9.5	32.9	54.4	12.9	32.5	39.5	15.1
75 and over.....	26.4	24.7	28.9	19.9	3.9	11.0	35.0	50.0	17.9	30.7	36.0	15.4
All individuals...	21.2	20.3	26.4	32.1	13.8	18.9	24.7	42.7	13.3	24.9	36.2	25.6

[1] Based on 3 consecutive days of dietary intake.

Note: See appendix D for RDA values.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 3.--Phosphorus, vitamin A, and thiamin
Percentage of individuals with intakes at specified levels of 1980 Recommended Dietary Allowances,[1] 1977-78

Sex and age (years)	Phosphorus Percent of RDA				Vitamin A Percent of RDA				Thiamin Percent of RDA			
	Below 50	50-69	70-99	100 and over	Below 50	50-69	70-99	100 and over	Below 50	50-69	70-99	100 and over
	Percent				Percent				Percent			
Males and females:												
Under 1	0.8	1.1	7.0	91.1	1.2	2.5	8.5	87.8	0.8	1.9	5.3	92.1
1-2	1.8	4.7	18.0	75.6	3.6	8.6	15.5	72.3	.8	2.4	11.4	85.4
3-5	1.4	5.1	23.2	70.2	4.6	7.9	18.8	68.7	.6	3.5	17.2	78.7
6-8	.3	2.0	9.8	88.0	5.7	11.1	20.4	62.9	1.1	5.2	26.9	66.8
Males:												
9-11	.7	2.5	13.7	83.1	10.9	13.6	23.6	51.9	1.2	7.0	30.1	61.6
12-14	1.3	6.3	24.5	67.9	16.7	15.8	21.7	45.7	1.7	8.2	28.0	62.0
15-18	1.6	4.1	17.1	77.2	17.7	14.6	19.9	47.8	2.9	6.5	19.2	71.4
19-22	.4	1.1	6.7	91.7	25.5	17.4	20.3	36.8	6.3	15.5	30.7	47.5
23-34	.2	1.1	6.3	92.5	21.5	17.3	20.3	40.9	5.2	13.4	28.0	53.5
35-50	.1	1.1	7.4	91.3	20.2	14.6	20.4	44.8	5.8	12.8	34.2	47.2
51-64	.5	1.2	8.0	90.3	15.9	13.2	17.5	53.4	3.1	9.0	23.5	64.4
65-74	.2	1.6	12.7	85.5	15.3	13.4	16.7	54.6	2.3	10.5	31.1	56.0
75 and over	.5	2.9	14.1	82.5	15.7	16.6	15.3	52.3	2.6	12.4	29.6	55.4
Females:												
9-11	.7	3.5	19.5	76.3	7.7	16.4	25.4	50.4	1.7	6.9	33.0	58.4
12-14	5.3	13.5	36.5	44.7	17.8	16.3	23.5	42.4	3.9	5.9	28.7	61.5
15-18	9.3	17.5	38.1	35.2	24.3	16.4	20.1	39.2	6.8	13.7	29.5	50.0
19-22	3.2	7.5	24.4	65.0	29.6	17.0	19.4	34.0	13.2	19.4	31.0	36.4
23-34	3.0	7.9	24.5	64.5	24.9	16.0	18.9	40.2	9.0	16.2	30.3	44.5
35-50	3.0	8.2	25.2	63.6	21.2	14.7	18.3	45.7	8.2	16.8	31.9	43.1
51-64	2.6	5.8	25.5	66.1	14.9	11.2	17.0	56.9	6.4	12.3	32.2	49.1
65-74	4.0	6.9	27.3	61.9	12.2	10.0	16.5	61.3	6.2	12.0	32.5	49.3
75 and over	2.3	8.5	29.5	59.7	13.7	13.7	17.0	55.6	4.2	15.6	31.2	49.0
All individuals ..	2.1	5.4	19.3	73.3	17.2	13.9	19.1	49.7	5.2	11.5	28.3	55.0

[1] Based on 3 consecutive days of dietary intake.
Note: See appendix D for RDA values.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 4.--Riboflavin, niacin, and vitamin B_6
Percentage of individuals with intakes at specified levels of 1980 Recommended Dietary Allowances,[1] 1977-78

Sex and age (years)	Riboflavin Percent of RDA				Niacin Percent of RDA				Vitamin B_6 Percent of RDA			
	Below 50	50-69	70-99	100 and over	Below 50	50-69	70-99	100 and below	Below 50	50-69	70-99	100 and over
	-----------Percent-----------				-----------Percent-----------				-----------Percent-----------			
Males and females:												
Under 1	0.6	0	0.6	98.9	9.3	11.5	22.4	56.8	2.0	4.1	15.9	78.0
1-2	.6	.9	4.2	94.3	5.1	9.2	23.6	62.1	3.4	8.1	25.9	62.6
3-5	.5	1.2	6.4	91.9	.8	3.7	19.7	75.8	7.2	17.5	36.6	38.7
6-8	.2	1.2	8.4	90.1	1.2	6.6	27.3	64.8	7.6	19.4	38.1	35.0
Males:												
9-11	.2	3.1	14.4	82.2	2.0	8.4	30.4	59.2	7.3	19.0	38.9	34.6
12-14	.8	3.8	14.8	80.5	2.1	6.3	31.5	60.1	7.8	16.9	36.0	39.5
15-18	2.3	3.5	16.7	77.5	2.0	5.1	18.3	74.7	9.5	18.0	35.3	37.1
19-22	3.7	9.6	24.1	62.6	2.1	9.7	25.2	63.0	19.3	25.8	28.9	26.0
23-34	2.7	8.6	23.1	65.6	1.5	4.2	20.2	74.2	14.4	28.1	35.0	22.6
35-50	3.9	9.3	28.5	58.4	1.1	3.7	20.3	74.9	15.2	28.1	37.5	19.2
51-64	1.8	7.1	18.8	72.2	1.0	3.3	14.6	81.2	14.5	27.9	37.7	19.9
65-74	1.8	6.6	25.0	66.5	1.6	4.8	23.1	70.4	21.2	33.0	31.7	14.2
75 and over	2.7	9.5	24.2	63.5	3.9	5.7	26.2	64.2	27.6	29.0	30.7	12.7
Females:												
9-11	.9	2.6	14.4	82.1	2.1	10.6	35.5	51.8	9.6	25.8	40.0	24.7
12-14	2.6	4.6	15.3	77.5	2.8	10.1	28.3	58.9	18.7	28.3	35.2	17.7
15-18	4.8	8.6	23.1	63.5	3.6	10.6	27.4	58.4	34.6	32.8	22.8	9.8
19-22	7.9	14.8	29.3	47.9	6.8	11.0	27.9	54.4	40.7	31.6	21.3	6.4
23-34	7.1	12.7	26.9	53.3	3.6	8.0	25.2	63.2	41.8	30.9	20.5	6.8
35-50	6.6	15.2	30.7	47.5	2.6	6.3	23.0	68.2	39.9	33.2	21.6	5.4
51-64	4.9	12.3	27.6	55.2	1.5	5.4	22.4	70.7	32.8	33.0	25.7	8.5
65-74	4.5	10.6	29.2	55.6	2.9	6.8	26.6	63.7	34.5	32.5	24.9	8.1
75 and over	3.9	9.4	29.0	57.7	4.1	9.5	26.3	60.1	39.0	30.8	21.7	8.5
All individuals ..	3.7	8.4	21.9	66.0	2.5	6.6	23.8	67.1	23.4	27.1	29.7	19.8

[1] Based on 3 consecutive days of dietary intake.

Note: See appendix D for RDA values.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 5.--Vitamin B_{12} and vitamin C
Percentage of individuals with intakes at specified levels of 1980 Recommended Dietary Allowances,[1] 1977-78

Sex and age (years)	Vitamin B_{12} Percent of RDA				Vitamin C Percent of RDA			
	Below 50	50-69	70-99	100 and over	Below 50	50-69	70-99	100 and over
	Percent				Percent			
Males and females:								
Under 1..........	1.5	0.9	5.0	92.6	6.2	4.6	6.8	82.3
1-2.............	2.3	4.1	9.7	83.8	14.3	11.2	14.1	60.5
3-5.............	1.9	4.7	15.0	78.4	12.1	9.7	14.7	63.5
6-8.............	1.4	2.9	15.4	80.3	5.4	8.1	13.2	73.4
Males:								
9-11............	.9	3.4	12.5	83.2	5.7	5.5	13.5	75.3
12-14...........	1.3	2.7	8.7	87.3	6.3	9.1	14.1	70.4
15-18...........	1.0	2.6	7.2	89.2	11.8	8.6	14.5	65.0
19-22...........	2.5	4.4	12.5	80.5	15.8	10.7	15.4	58.2
23-34...........	2.1	4.2	12.7	80.9	15.0	13.4	16.0	55.7
35-50...........	2.4	5.0	12.8	79.7	16.9	11.8	15.6	55.8
51-64...........	3.1	5.3	14.0	77.6	10.5	10.1	15.8	63.6
65-74...........	3.6	8.7	16.6	71.1	13.6	8.9	13.3	64.2
75 and over.....	5.7	10.3	20.6	63.4	18.1	11.5	12.0	58.5
Females:								
9-11............	1.6	5.0	17.2	76.2	6.3	7.9	14.4	71.4
12-14...........	4.8	7.0	18.3	69.9	10.9	10.3	15.8	63.1
15-18...........	6.8	9.8	22.8	60.5	19.7	12.0	17.8	50.6
19-22...........	11.5	14.7	23.8	50.1	27.5	15.2	13.2	44.1
23-34...........	11.4	14.0	25.0	49.6	24.5	13.2	14.7	47.5
35-50...........	11.9	15.2	26.0	46.9	20.6	13.1	15.8	50.4
51-64...........	10.8	15.0	25.9	48.4	14.9	9.3	13.1	62.8
65-74...........	14.4	15.7	26.1	43.8	13.6	8.7	12.0	65.7
75 and over.....	13.9	15.7	29.5	41.0	15.7	10.7	14.2	59.5
All individuals...	6.2	8.8	18.5	66.5	15.3	10.9	14.6	59.2

[1] Based on 3 consecutive days of dietary intake.

Note: See appendix D for RDA values.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 2.--Pregnant and lactating women: Nutritive value of food intake as percentage of 1980 Recommended Dietary Allowances
Average per individual per day,[1] 1977-78

Status and age (years)	Individuals	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin[2]	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Percent												
Pregnant:														
15-18...........	23	67	93	50	59	43	70	73	77	103	96	48	98	82
19-22...........	72	66	91	69	62	51	95	97	79	108	101	49	123	108
23-34...........	174	79	103	70	73	56	103	95	97	120	123	56	112	112
35-50...........	19	59	75	47	53	45	75	98	75	84	85	41	69	100
All individuals.	288	74	97	66	68	53	96	94	90	113	112	53	111	108
Lactating:														
15-18...........	2	133	190	64	122	93	127	111	115	129	139	112	152	165
19-22...........	16	79	133	76	70	58	109	84	74	103	88	58	124	57
23-34...........	103	73	116	74	64	58	102	104	80	106	94	53	124	90
35-50...........	11	73	123	80	75	69	110	109	78	114	104	59	121	72
All individuals.	132	75	120	75	66	60	104	102	80	107	94	55	124	86

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[1] Based on 3 consecutive days of dietary intake.
[2] Based on recommended dietary allowance values as preformed niacin rather than niacin equivalents.

Note: See appendix D for RDA values.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 3.--Pregnant and lactating women: Nutritive value of food intake per 1,000 kilocalories
Average per individual per day,[1] 1977-78

Status and age (years)	Individuals	Food energy in total diet	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
			Nutrient per 1,000 kcal													
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Pregnant:																
15-18...........	23	1,601	44.9	44.1	106.4	497	6.8	120	705	2,331	0.74	1.03	9.8	0.79	2.48	41
19-22...........	72	1,579	42.9	44.0	109.4	515	7.2	146	721	3,147	.76	1.10	10.5	.82	3.20	52
23-34...........	174	1,828	42.3	43.4	111.3	466	7.2	139	682	2,684	.74	1.00	10.1	.80	2.52	50
35-50...........	19	1,347	41.4	40.2	117.5	412	7.3	152	677	3,495	.79	.93	9.7	.81	1.98	62
All individuals.	288	1,716	42.6	43.4	110.8	478	7.2	140	693	2,825	.75	1.02	10.2	.81	2.65	51
Lactating:																
15-18...........	2	3,466	36.2	37.5	134.4	350	7.1	127	605	2,448	.61	.82	8.6	.90	2.15	55
19-22...........	16	2,059	42.1	45.5	105.4	428	6.3	127	639	2,355	.57	.88	8.6	.72	2.33	28
23-34...........	103	1,832	41.1	45.5	107.2	481	6.3	146	677	3,616	.66	1.00	9.5	.74	3.14	54
35-50...........	11	[illegible],829	43.8	41.8	114.1	515	7.8	177	725	3,481	.69	1.07	11.0	.86	2.49	46
All individuals.	132	1,885	41.4	45.1	108.0	475	6.5	146	675	3,432	.65	.99	9.5	.75	2.97	50

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[1] Based on 3 consecutive days of dietary intake.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 4.--Vegetarians: Nutritive value of food intake
Average per individual per day,[1] 1977-78

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 3.........	[2]18	1,070	41.8	44.6	124.9	799	12.8	173	826	5,173	0.90	1.51	9.7	0.88	4.26	82
3-8.............	34	1,708	63.5	74.5	203.1	898	11.0	251	1,174	4,849	1.19	1.62	13.9	1.31	3.29	74
Males:																
9-18............	20	2,627	95.6	111.6	319.3	1,191	20.0	339	1,684	8,659	2.28	2.76	26.7	2.28	5.72	119
19-34...........	49	2,474	90.8	99.4	305.1	1,325	16.3	435	1,732	9,464	1.82	2.49	22.2	2.14	6.04	166
35-64...........	45	2,353	92.9	99.9	272.2	851	17.9	372	1,484	8,682	1.65	2.01	25.0	1.89	5.20	128
65 and over.....	25	2,069	75.1	82.9	263.5	960	14.5	321	1,389	6,286	1.50	2.00	18.5	1.61	4.52	118
Females:																
9-18............	31	2,016	73.4	89.7	234.6	949	13.4	257	1,248	4,975	1.38	1.91	17.8	1.47	4.27	90
19-34...........	113	1,611	60.9	68.2	188.1	851	10.9	270	1,150	5,876	1.08	1.56	13.7	1.27	4.64	89
35-64...........	83	1,389	57.1	60.3	156.7	573	10.1	223	913	6,176	1.01	1.31	14.3	1.10	4.13	85
65 and over.....	47	1,241	48.6	50.8	151.8	625	8.8	205	855	6,628	.95	1.32	11.9	1.05	3.42	85
All individuals...	464	1,778	67.8	75.0	210.7	857	12.6	282	1,203	6,631	1.28	1.73	16.6	1.43	4.53	101

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[1] Based on 3 consecutive days of dietary intake.
[2] Excludes breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 1.--Pregnant and lactating women: Nutritive value of food intake
Average per individual per day,[1] 1977-78

Status and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Pregnant:																
15-18...........	23	1,601	71.0	71.1	170.3	795	10.6	193	1,117	3,673	1.16	1.64	15.4	1.24	3.91	65
19-22...........	72	1,579	67.0	69.4	173.8	823	11.2	230	1,143	4,831	1.19	1.73	16.1	1.28	4.91	87
23-34...........	174	1,828	76.2	79.3	204.4	839	13.1	251	1,233	4,761	1.36	1.80	18.4	1.46	4.50	90
35-50...........	19	1,347	55.3	56.6	153.0	567	9.6	203	896	4,892	1.05	1.26	12.8	1.07	2.76	80
All individuals.	288	1,716	72.1	74.6	190.6	813	12.2	238	1,179	4,700	1.28	1.74	17.2	1.37	4.44	86
Lactating:																
15-18...........	2	3,466	125.2	124.4	480.0	1,024	22.0	418	2,025	6,651	1.84	2.33	26.4	2.80	6.08	165
19-22...........	16	2,059	85.1	95.0	218.0	906	12.6	263	1,302	5,023	1.18	1.86	16.7	1.44	4.94	57
23-34...........	103	1,832	74.1	83.7	196.4	890	11.5	263	1,229	6,256	1.20	1.81	16.8	1.32	4.96	90
35-50...........	11	1,829	78.7	78.3	206.3	960	13.5	310	1,325	6,527	1.18	1.94	18.7	1.47	4.82	72
All individuals.	132	1,885	76.6	85.3	204.3	900	11.9	269	1,259	6,133	1.21	1.83	17.1	1.37	4.96	86

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[1] Based on 3 consecutive days of dietary intake.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 5.--Vegetarians: Nutritive value of food intake as a percentage of the 1980 Recommended Dietary Allowances
Average per individual per day,[1] 1977-78

Sex and age (years)	Individuals	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin[2]	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Percent												
Males and females:														
Under 3.........	[3]18	99	192	138	105	176	164	277	192	257	122	138	279	209
3-8.............	34	91	209	112	103	120	147	176	124	153	114	97	127	164
Males:														
9-18............	20	98	203	107	121	97	151	182	166	171	150	123	191	225
19-34...........	49	90	162	166	163	124	216	189	128	154	122	97	201	277
35-64...........	45	92	166	106	179	106	185	174	129	136	149	86	173	214
65 and over.....	25	89	134	120	145	92	174	126	125	143	116	73	151	196
Females:														
9-18............	31	91	170	87	87	90	115	129	121	143	118	81	142	172
19-34...........	113	78	133	103	61	87	138	144	101	123	100	62	150	144
35-64...........	83	72	130	72	80	74	114	154	101	109	110	55	138	141
65 and over.....	47	72	110	78	88	68	107	166	95	110	92	52	114	141
All individuals...	464	83	150	104	103	95	146	163	117	136	114	76	156	176

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[1] Based on 3 consecutive days of dietary intake.
[2] Based on recommended dietary allowance values as preformed niacin rather than niacin equivalents.
[3] Excludes breast-fed infants.

Note: See appendix D for RDA values.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 6.--Vegetarians: Nutritive value of food intake per 1,000 kilocalories
Average per individual per day,[1] 1977-78

Sex and age (years)	Individuals	Food energy in total diet	Nutrient per 1,000 kcal													
			Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 3.........	[2]18	1,070	37.9	42.3	113.2	755	14.7	159	756	4,434	0.91	1.45	9.6	0.85	3.36	86
3-8.............	34	1,708	37.4	41.6	123.1	520	6.6	145	685	2,856	.70	.97	8.1	.80	1.98	47
Males:																
9-18............	20	2,627	36.2	42.4	121.9	455	7.5	131	639	3,295	.84	1.03	9.9	.84	2.14	44
19-34...........	49	2,474	37.1	39.8	124.0	533	6.6	181	705	3,875	.72	.99	9.0	.84	2.46	67
35-64...........	45	2,353	40.0	41.3	118.2	357	7.7	163	629	3,917	.71	.83	10.8	.81	2.15	58
65 and over.....	25	2,069	38.7	40.3	122.8	443	7.4	157	674	3,304	.76	.97	10.0	.83	2.28	56
Females:																
9-18............	31	2,016	36.6	44.1	117.0	472	6.7	126	620	2,513	.70	.97	9.0	.74	2.12	45
19-34...........	113	1,611	37.9	41.8	116.1	550	7.7	209	787	3,635	.66	.97	9.7	.77	2.89	54
35-64...........	83	1,389	41.7	42.9	113.3	400	7.6	165	656	4,754	.74	.94	10.8	.81	3.11	63
65 and over.....	47	1,241	40.2	40.7	121.5	510	7.3	169	706	5,409	.78	1.09	10.2	.88	3.05	68
All individuals...	464	1,778	38.8	41.7	118.2	489	7.6	171	699	3,932	.72	.99	9.8	.81	2.66	59

[1] Based on 3 consecutive days of dietary intake.
[2] Excludes breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 7.--Nonvegetarians: Nutritive value of food intake
Average per individual per day,[1] 1977-78

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 3.........	[2]1,438	1,089	43.1	45.5	127.0	744	10.9	152	816	3,664	0.90	1.48	10.1	0.85	3.19	71
3-8.............	3,526	1,624	63.0	69.4	191.0	837	10.6	207	1,084	4,[illegible]	[illegible].21	1.78	15.1	1.26	4.25	77
Males:																
9-18............	3,462	2,328	91.9	103.7	261.2	1,097	15.1	284	1,503	5,818	1.66	2.40	21.6	1.74	6.15	92
19-34...........	3,697	2,411	98.4	111.9	242.6	876	15.8	300	1,482	5,694	1.55	2.07	23.8	1.76	6.41	85
35-64...........	4,686	2,218	92.1	105.7	214.9	745	15.5	308	1,342	6,478	1.47	1.89	23.2	1.71	6.18	87
65 and over.....	1,490	1,896	77.7	86.6	200.2	707	14.2	280	1,190	7,213	1.37	1.80	20.0	1.56	5.77	91
Females:																
9-18............	3,600	1,804	70.4	79.6	205.4	828	11.6	220	1,150	4,489	1.26	1.78	16.5	1.33	4.44	79
19-34...........	5,082	1,603	65.9	73.4	166.9	610	10.8	212	997	4,468	1.04	1.38	15.9	1.19	4.09	73
35-64...........	6,609	1,523	64.8	71.1	153.9	541	11.1	229	946	5,[illegible]90	1.03	1.35	16.5	1.21	4.71	81
65 and over.....	2,080	1,429	59.8	62.9	158.0	569	10.8	225	918	6,515	1.06	1.42	15.6	1.24	4.52	90
All individuals...	35,671	1,827	74.4	83.2	193.3	741	12.6	245	1,153	5,373	1.26	1.72	18.2	1.40	5.03	82

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[1] Based on 3 consecutive days of dietary intake.
[2] Excludes breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

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Table 8.--Nonvegetarians: Nutritive value of food intake as a percentage of the 1980 Recommended Dietary Allowances
Average per individual per day,[1] 1977-78

Sex and age (years)	Individuals	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin[2]	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	---Percent---												
Males and females:														
Under 3.........	[3]1,438	95	193	120	82	149	154	193	174	236	120	124	210	180
3-8.............	3,526	89	209	105	98	100	136	155	128	171	126	93	166	171
Males:														
9-18............	3,462	86	193	97	91	80	133	123	121	149	122	94	205	173
19-34...........	3,697	88	176	109	158	86	185	114	109	127	130	80	214	142
35-64...........	4,686	86	164	93	155	88	168	130	113	126	136	78	206	145
65 and over.....	1,490	83	139	88	142	80	149	144	114	129	125	71	192	152
Females:														
9-18............	3,600	82	160	74	71	76	103	115	112	134	111	72	148	150
19-34...........	5,082	78	145	74	60	69	121	109	99	111	119	58	134	119
35-64...........	6,609	79	147	67	84	76	118	140	103	112	127	61	157	135
65 and over.....	2,080	83	136	71	108	75	115	163	106	119	120	62	151	150
All individuals...	35,671	84	165	87	102	83	136	132	113	133	124	75	174	147

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[1] Based on 3 consecutive days of dietary intake.
[2] Based on recommended dietary allowance values as preformed niacin rather than niacin equivalents.
[3] Excludes breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 9.--Nonvegetarians: Nutritive value of food intake per 1,000 kilocalories
Average per individual per day,[1] 1977-78

Sex and age (years)	Individuals	Food energy in total diet	Nutrient per 1,000 kcal													
			Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 3.........	[2]1,438	1,089	39.4	41.5	116.1	719	11.6	142	760	3,643	0.87	1.44	9.5	0.78	2.98	70
3-8.............	3,526	1,624	39.1	42.4	118.0	518	6.6	128	671	2,619	.75	1.11	9.4	.78	2.67	48
Males:																
9-18............	3,462	2,328	39.8	44.2	112.6	470	6.6	122	647	2,549	.72	1.04	9.4	.76	2.68	40
19-34...........	3,697	2,411	41.4	46.1	101.0	363	6.6	126	618	2,452	.65	.86	10.0	.74	2.71	37
35-64...........	4,686	2,218	42.4	47.3	97.0	336	7.2	142	612	3,097	.67	.86	10.7	.79	2.93	41
65 and over.....	1,490	1,896	41.6	45.3	105.8	377	7.6	150	636	3,969	.73	.97	10.8	.83	3.18	49
Females:																
9-18............	3,600	1,804	39.5	43.8	114.1	459	6.5	123	641	2,539	.70	.99	9.3	.75	2.53	45
19-34...........	5,082	1,603	42.1	45.5	104.1	382	6.9	136	630	2,910	.66	.87	10.2	.75	2.62	47
35-64...........	6,609	1,523	43.3	46.4	101.1	359	7.4	155	630	3,830	.69	.90	11.2	.81	3.16	55
65 and over.....	2,080	1,429	42.5	43.7	110.7	403	7.7	161	650	4,651	.75	1.01	11.1	.87	3.18	64
All individuals...	35,671	1,827	41.4	45.1	106.4	414	7.2	138	640	3,132	.70	.96	10.2	.78	2.84	48

[1] Based on 3 consecutive days of dietary intake.
[2] Excludes breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 3.--Source of food at breakfasts at home and away from home, 1977-78

Sex and age (years)	Total breakfasts	Eating occasions at home (food from home supply)	Eating occasions away from home			Not reported
			Food from home supply	Food not from home supply	Food from both sources	
	Number	Percent				
Males and females:						
Under 1	1,143	94.9	4.3	0.5	0.1	0.3
1-2	3,126	95.1	1.4	3.3	0	.1
3-5	5,073	95.1	.6	4.3	0	0
6-8	5,394	94.5	.3	5.1	0	.1
Males:						
9-11	2,723	93.5	.5	6.0	0	0
12-14	3,196	94.9	.4	4.6	0	.1
15-18	3,625	94.5	.4	4.9	.1	.1
19-22	2,347	87.0	1.0	11.3	.2	.5
23-34	6,257	83.0	1.6	14.5	.6	.3
35-50	6,607	86.7	1.8	10.9	.5	.1
51-64	6,185	91.9	1.0	6.6	.2	.3
65-74	3,101	97.6	.1	2.2	0	.1
75 and over	1,402	98.2	0	1.7	0	.1
Females:						
9-11	2,866	94.8	.2	4.8	0	.2
12-14	3,007	95.3	.3	4.3	0	.1
15-18	3,545	93.6	.5	5.7	.1	.1
19-22	2,897	91.8	1.3	6.8	.2	0
23-34	9,407	92.4	.7	6.5	.3	.1
35-50	9,967	94.7	.8	4.1	.4	.1
51-64	8,372	95.8	.6	3.2	.2	.2
65-74	4,073	98.2	.1	1.3	0	.3
75 and over	2,260	99.1	0	.6	0	.3
All individuals ..	96,570	93.2	.8	5.7	.2	.2

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 1.--Eating occasions by time of day

Hour eating occasion began	Breakfast	Lunch[1]	Dinner	Supper	Snack[2]	Other[3]	All occasions
	--------	--------	--------	Percent	--------	--------	--------
12 midnight ...	[4]0.1	0.7	0.2	0.1	0.5	0.7	0.4
1 a.m.	.1	.1	(5)	(5)	.4	.6	.2
2	(5)	.1	(5)	(5)	.3	.6	.1
3	(5)	.1	(5)	(5)	.2	.6	.1
4	.3	(5)	(5)	(5)	.2	.5	.2
5	2.1	(5)	(5)	.1	.6	1.1	.7
6	11.6	(5)	.1	.1	1.3	3.1	3.1
7	32.4	.1	(5)	(5)	2.0	3.5	8.1
8	26.0	.2	(5)	(5)	2.2	3.1	6.7
9	15.8	.5	(5)	(5)	3.8	3.4	4.8
10	7.0	1.6	.1	(5)	7.2	4.8	4.0
11	2.3	15.1	2.1	(5)	2.9	3.5	4.8
12 noon	.9	54.0	9.9	.1	2.1	6.1	13.4
1 p.m.	.3	17.6	3.3	.1	2.7	4.0	5.0
2	.1	5.8	2.0	.2	6.2	4.6	3.3
3	.1	2.0	1.6	.8	11.1	6.2	3.9
4	.1	.6	4.5	5.0	7.0	5.1	3.4
5	.1	.4	19.0	29.3	3.1	6.7	7.7
6	.2	.3	34.4	42.1	2.8	7.7	11.3
7	.2	.2	14.6	14.6	5.6	6.7	5.7
8	.2	.2	5.2	4.6	11.9	8.8	4.9
9	.1	.1	1.9	1.8	13.7	9.2	4.5
10	.1	.1	.6	.7	8.4	5.8	2.7
11	(5)	.4	.3	.3	3.6	3.6	1.2

[1] Includes brunch.

[2] Includes coffee and beverage breaks.

[3] Includes eating occasions for which no name was reported.

[4] Percentages may not add to 100 because of rounding.

[5] Less than 0.05 percent but more than 0.

Source: USDA Food Consumption Survey 1977-78, 48 conterminous States.

Table 5.--Source of food at dinners at home and away from home, 1977-78

Sex and age (years)	Total dinners	Eating occasions at home (food from home supply)	Eating occasions away from home			Not reported
			Food from home supply	Food not from home supply	Food from both sources	
	Number	Percent				
Males and females:						
Under 1	461	93.5	2.6	3.3	0.4	0.2
1-2	1,403	89.4	.7	9.4	.5	0
3-5	2,085	89.7	.8	9.3	.2	0
6-8	2,281	86.2	.9	12.7	.2	.1
Males:						
9-11	1,100	86.1	1.0	12.6	.4	0
12-14	1,342	85.4	.8	13.5	.1	.1
15-18	1,743	85.8	1.0	13.1	.1	0
19-22	1,367	76.3	2.6	20.3	.7	.1
23-34	3,709	74.6	2.8	21.3	1.2	.2
35-50	3,533	80.1	2.6	16.4	.9	.1
51-64	3,328	84.0	1.5	13.4	1.0	.1
65-74	1,502	85.5	1.0	13.3	0	.3
75 and over	726	89.4	.4	9.4	.1	.7
Females:						
9-11	1,285	85.5	.7	13.5	.2	.1
12-14	1,363	87.2	.5	12.2	.2	0
15-18	1,821	80.1	1.3	18.0	.4	.2
19-22	1,760	77.7	1.7	19.8	.6	.1
23-34	5,575	81.7	1.3	16.2	.5	.2
35-50	5,124	87.4	.9	11.2	.4	.1
51-64	4,264	86.3	.9	12.5	.2	.2
65-74	2,112	88.2	.5	10.9	0	.3
75 and over	1,219	92.2	.2	7.5	0	.1
All individuals ..	49,101	84.1	1.3	14.0	.4	.1

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 12.--Dinners shared with specified person(s), 1977-78

Sex and age (years)	Total dinners	Person(s) sharing dinner with respondent				
		Alone	Household member(s)	Non-household member(s)	Both household and non-household member(s)	Not reported
	Number	Percent				
Males and females:						
Under 1	461	42.5	50.9	1.8	4.0	0.8
1-2	1,403	5.3	82.5	3.7	7.6	.9
3-5	2,085	1.9	85.4	3.3	8.5	.9
6-8	2,281	1.5	82.9	6.4	8.3	.8
Males:						
9-11	1,100	3.8	79.3	7.2	8.7	.9
12-14	1,342	4.8	79.4	8.9	6.1	.9
15-18	1,743	10.8	73.4	9.7	4.9	1.2
19-22	1,367	17.6	59.2	13.9	7.4	1.9
23-34	3,709	15.0	64.3	11.2	8.3	1.2
35-50	3,533	12.6	70.0	8.3	7.7	1.3
51-64	3,328	11.9	72.0	6.6	8.0	1.4
65-74	1,502	13.2	72.4	3.2	9.0	2.2
75 and over	726	19.3	70.4	4.7	4.0	1.6
Females:						
9-11	1,285	2.7	81.4	6.7	8.2	1.0
12-14	1,363	7.0	77.5	7.0	7.5	1.0
15-18	1,821	10.6	67.9	12.8	7.2	1.5
19-22	1,760	13.9	63.9	11.5	9.8	.8
23-34	5,575	11.0	71.6	8.0	8.3	1.1
35-50	5,124	10.8	74.8	4.4	8.1	1.9
51-64	4,264	16.0	67.9	7.4	7.1	1.5
65-74	2,112	29.4	56.1	7.5	5.1	1.9
75 and over	1,219	36.1	53.1	5.7	3.0	2.0
All individuals ..	49,102	12.4	71.2	7.5	7.5	1.3

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 16.--Places where food was obtained for eating occasions with all food obtained and eaten away from home, 1977-78

Sex and age (years)	Total eating occasions away	Restaurant	Fast food place	Work	School	Store	Someone else's home	Other	Combination of places	Not reported
	Number	-----Percent-----								
Males and females:										
Under 1	90	6.5	2.4	1.9	0	1.0	71.2	16.9	0	0
1-2	1,023	7.7	14.4	.2	.6	2.0	63.1	9.5	1.0	1.6
3-5	2,272	6.2	11.6	.1	22.6	2.8	36.5	18.5	.6	1.1
6-8	3,651	4.4	7.2	.1	58.2	1.9	19.1	7.0	.8	1.1
Males:										
9-11	1,979	4.3	7.2	.4	58.9	2.5	14.0	10.5	.8	1.4
12-14	2,469	4.2	9.6	.9	58.1	5.5	12.8	7.1	1.0	.8
15-18	3,235	9.2	16.0	7.7	39.7	7.9	11.1	6.1	1.1	1.2
19-22	2,777	16.8	22.5	19.5	6.4	7.4	14.2	10.8	1.3	1.2
23-34	8,556	24.4	15.0	30.7	1.2	5.8	11.7	8.5	1.5	1.2
35-50	6,622	30.5	12.5	32.8	1.5	3.5	7.9	8.3	1.0	1.9
51-64	3,999	35.1	10.4	32.1	.4	2.9	7.1	9.7	.8	1.4
65-74	817	38.1	8.4	5.2	.3	1.4	22.9	21.1	.6	2.0
75 and over	228	39.1	6.6	2.5	0	1.2	24.1	24.9	1.5	0
Females:										
9-11	2,044	5.0	8.8	.2	57.2	3.7	16.9	6.6	.5	.9
12-14	2,426	5.7	10.9	.7	49.3	6.0	16.5	8.7	.7	1.4
15-18	3,466	11.4	17.5	5.5	33.4	6.0	15.8	8.4	1.0	.8
19-22	2,971	17.5	17.8	22.8	4.2	5.0	20.8	8.9	1.3	1.7
23-34	7,680	20.7	13.2	26.9	2.4	3.7	20.5	9.4	1.6	1.5
35-50	5,805	28.5	11.2	28.8	2.3	2.7	14.6	9.2	1.0	1.7
51-64	3,435	28.4	8.5	28.4	.8	2.0	19.1	10.1	.6	2.2
65-74	924	33.4	6.9	7.0	.2	.7	26.2	23.4	.5	1.6
75 and over	315	28.1	7.7	3.2	0	0	29.6	29.1	.8	1.4
All individuals ..	66,782	19.5	12.6	18.9	16.4	4.1	16.4	9.6	1.1	1.4

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 17.--Type of service provided at eating occasions with all food obtained and eaten away from home (excluding those at someone's home and place not reported), 1977-78

Sex and age (years)	Total eating occasions away	Table	Counter	Cafeteria	Vending machine	Carry-out	Car	Other	Combination of service	Not reported
	Number	Percent								
Males and females:										
Under 1	26	35.7	8.4	7.1	0	3.2	0	10.5	0	35.0
1-2	361	19.4	28.5	11.8	2.0	17.8	4.3	7.6	2.6	6.1
3-5	1,418	22.3	15.9	29.5	1.9	7.7	1.8	14.2	1.1	5.5
6-8	2,912	6.9	13.6	64.1	1.1	3.5	.5	6.0	.7	3.6
Males:										
9-11	1,673	5.8	16.1	63.5	1.6	3.6	.3	3.9	.9	4.3
12-14	2,133	4.3	21.4	57.9	3.3	5.2	.8	2.9	.9	3.4
15-18	2,838	7.6	24.5	41.4	7.6	7.7	1.9	4.7	1.1	3.4
19-22	2,349	15.8	29.9	14.5	13.7	10.7	2.7	7.7	2.3	2.6
23-34	7,457	22.2	22.8	14.1	13.4	10.0	1.1	12.3	1.8	2.3
35-50	5,974	25.0	21.5	15.0	10.8	8.6	1.0	14.2	1.4	2.5
51-64	3,659	29.9	22.0	15.5	8.0	5.4	.8	13.8	1.1	3.5
65-74	613	45.4	22.1	18.3	0	3.9	.6	6.9	.6	2.3
75 and over	173	47.9	24.0	14.5	1.4	1.3	1.4	3.5	1.5	4.5
Females:										
9-11	1,679	5.5	16.2	62.5	1.5	5.1	.8	3.8	1.2	3.4
12-14	1,990	6.1	20.2	54.4	2.8	6.5	.8	4.0	.8	4.5
15-18	2,889	10.1	27.2	35.6	4.8	8.5	1.7	6.7	2.1	3.2
19-22	2,303	18.7	25.0	17.3	10.4	9.9	1.2	13.9	2.0	1.7
23-34	5,990	23.9	19.7	18.0	10.3	9.3	1.5	12.6	2.4	2.2
35-50	4,860	26.5	18.5	19.2	7.1	7.2	.9	16.2	1.5	3.0
51-64	2,704	31.8	16.1	22.9	5.4	3.7	1.1	14.7	1.1	3.2
65-74	667	41.7	18.1	23.8	1.5	2.6	.6	5.8	.8	5.1
75 and over	217	46.5	11.5	19.1	.4	5.9	1.5	9.1	1.2	5.0
All individuals ..	54,885	19.8	21.0	27.7	7.7	7.5	1.2	10.6	1.5	3.1

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 7.--Source of food at snacks[1] at home and away from home, 1977-78

Sex and age (years)	Total snacks[1]	Eating occasions at home (food from home supply)	Eating occasions away from home: Food from home supply	Eating occasions away from home: Food not from home supply	Eating occasions away from home: Food from both sources	Not reported
	Number	Percent				
Males and females:						
Under 1	1,891	95.4	3.4	0.9	0	0.3
1-2	4,561	90.9	1.6	6.9	.2	.4
3-5	5,892	84.2	1.8	13.2	.5	.2
6-8	5,722	81.9	3.5	13.9	.5	.3
Males:						
9-11	2,878	84.2	2.1	13.1	.4	.3
12-14	3,526	83.6	1.4	14.5	.2	.3
15-18	4,339	73.8	2.6	22.8	.5	.4
19-22	2,908	61.0	3.7	34.2	.6	.4
23-34	10,177	57.9	5.9	34.4	1.3	.6
35-50	9,544	63.2	8.0	27.4	.9	.5
51-64	7,108	70.7	7.6	19.8	1.3	.6
65-74	2,469	92.7	1.3	5.5	0	.4
75 and over	956	95.1	1.7	2.6	0	.5
Females:						
9-11	2,855	82.2	2.8	14.3	.4	.3
12-14	3,547	80.9	2.1	16.8	.1	.2
15-18	4,305	73.0	2.2	23.9	.4	.4
19-22	3,963	69.0	3.3	27.3	.3	0
23-34	14,006	75.2	3.2	20.9	.5	.2
35-50	12,947	78.3	4.0	16.8	.6	.4
51-64	8,531	83.0	4.0	11.8	.7	.4
65-74	2,820	92.7	1.2	5.4	.1	.6
75 and over	1,236	95.7	1.4	2.6	.2	.2
All individuals ..	116,179	76.4	3.8	18.8	.6	.4

[1] Includes coffee and beverage breaks.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 9.—Eating occasions shared with specified person(s), 1977-78

Sex and age (years)	Total eating occasions	Person(s) sharing eating occasion with respondent				
		Alone	Household member(s)	Non-household member(s)	Both household and non-household member(s)	Not reported
	Number	Percent				
Males and females:						
Under 1	6,859	51.3	34.3	2.0	1.6	10.7
1-2	14,126	22.9	65.3	4.1	5.3	2.3
3-5	21,195	12.9	72.7	7.3	5.4	1.7
6-8	22,095	11.2	65.5	16.4	5.3	1.6
Males:						
9-11	11,121	15.1	61.5	16.6	4.9	1.9
12-14	13,477	21.9	55.6	16.6	3.8	2.1
15-18	15,895	30.3	47.3	17.1	3.1	2.3
19-22	11,055	35.6	38.2	19.5	4.1	2.6
23-34	32,060	31.2	40.9	20.8	4.7	2.5
35-50	31,070	30.6	46.0	16.9	3.7	2.8
51-64	25,932	32.6	48.1	12.8	3.5	3.0
65-74	11,601	30.4	59.8	3.6	3.3	2.9
75 and over	4,953	34.6	57.8	3.0	2.0	2.7
Females:						
9-11	11,728	14.8	61.4	17.2	4.8	1.7
12-14	13,137	21.9	54.4	17.5	4.4	1.9
15-18	16,105	29.3	45.5	18.9	4.2	2.0
19-22	14,091	31.4	45.3	16.5	4.9	1.9
23-34	45,595	27.8	52.5	12.4	5.1	2.2
35-50	44,199	32.9	49.4	11.1	4.0	2.6
51-64	33,781	38.2	46.8	9.0	3.3	2.7
65-74	14,704	46.2	43.5	5.2	2.3	2.7
75 and over	7,317	51.9	39.9	4.0	1.6	2.6
All individuals	422,593	29.2	51.2	13.0	4.1	2.5

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 10.--Breakfasts shared with specified person(s), 1977-78

Sex and age (years)	Total breakfasts	Person(s) sharing breakfast with respondent				
		Alone	Household member(s)	Non-household member(s)	Both household and non-household member(s)	Not reported
	Number	Percent				
Males and females:						
Under 1	1,143	49.4	46.4	2.6	0.7	0.8
1-2	3,126	15.1	78.3	3.6	2.5	.4
3-5	5,074	11.6	82.0	3.7	2.1	.5
6-8	5,395	11.3	81.9	4.3	2.1	.4
Males:						
9-11	2,723	15.4	76.3	5.4	2.2	.7
12-14	3,196	25.8	68.3	3.8	1.7	.4
15-18	3,625	35.8	59.6	2.9	1.1	.6
19-22	2,347	48.4	42.8	7.3	1.1	.4
23-34	6,259	42.3	46.8	9.1	1.6	.3
35-50	6,608	39.6	52.5	6.2	1.0	.6
51-64	6,187	39.5	55.9	2.9	1.0	.7
65-74	3,101	33.0	64.5	.9	.7	1.0
75 and over	1,402	38.1	59.5	1.3	.5	.6
Females:						
9-11	2,866	17.1	75.8	4.3	2.4	.5
12-14	3,007	26.2	67.4	4.2	1.7	.4
15-18	3,545	39.6	53.4	4.7	1.7	.6
19-22	2,897	43.3	48.2	6.0	2.1	.4
23-34	9,410	31.6	61.8	4.5	1.5	.5
35-50	9,971	38.8	55.9	3.4	1.1	.8
51-64	8,376	44.0	51.2	2.9	1.2	.7
65-74	4,073	50.9	45.9	1.6	.8	.9
75 and over	2,260	60.1	37.1	1.6	.5	.6
All individuals ..	96,589	34.2	59.6	4.1	1.4	.6

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 11.--Lunches[1] shared with specified person(s), 1977-78

Sex and age (years)	Total lunches[1]	Person(s) sharing lunch with respondent				
		Alone	Household member(s)	Non-household member(s)	Both household and non-household member(s)	Not reported
	Number	Percent				
Males and females:						
Under 1	1,000	45.3	44.4	5.9	3.1	1.3
1-2	2,716	11.1	72.4	7.9	7.9	.7
3-5	4,625	6.6	70.7	14.4	7.3	1.0
6-8	5,030	4.4	39.7	48.8	5.8	1.3
Males:						
9-11	2,496	6.0	34.0	53.0	5.5	1.4
12-14	2,970	9.3	32.3	53.6	3.6	1.1
15-18	3,485	20.0	29.4	45.5	3.7	1.5
19-22	2,468	33.3	27.0	34.5	3.7	1.5
23-34	6,587	28.5	28.3	39.3	3.2	.7
35-50	6,256	29.7	28.7	37.2	3.0	1.4
51-64	5,218	30.9	34.0	30.5	3.1	1.5
65-74	2,330	25.9	62.0	7.6	3.1	1.3
75 and over	892	31.7	59.2	4.6	2.9	1.6
Females:						
9-11	2,708	5.9	34.7	53.2	5.1	1.1
12-14	2,942	10.4	31.2	52.3	4.7	1.4
15-18	3,596	21.5	28.2	45.6	3.6	1.2
19-22	3,123	29.3	36.1	29.4	4.1	1.0
23-34	9,391	24.9	47.2	22.3	4.8	.9
35-50	8,966	34.6	37.9	23.2	3.1	1.3
51-64	6,928	40.9	38.1	17.0	2.4	1.5
65-74	3,050	46.2	40.8	9.3	2.2	1.6
75 and over	1,644	52.1	39.5	5.8	1.8	.9
All individuals ..	88,419	25.0	39.5	30.2	4.0	1.2

[1] Includes brunches.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 13.—Suppers shared with specified person(s), 1977-78

Sex and age (years)	Total suppers	Person(s) sharing supper with respondent				
		Alone	Household member(s)	Non-household member(s)	Both household and non-household member(s)	Not reported
	Number	Percent				
Males and females:						
Under 1	692	43.8	51.3	0.6	2.7	1.6
1-2	1,874	5.1	86.0	1.9	6.4	.6
3-5	3,284	1.8	90.9	2.0	4.5	.8
6-8	3,449	1.3	89.5	2.6	5.5	1.1
Males:						
9-11	1,790	2.2	89.1	2.6	5.2	.9
12-14	2,238	4.7	85.7	3.6	4.8	1.2
15-18	2,482	10.4	77.7	6.4	4.2	1.3
19-22	1,717	15.4	66.8	12.2	4.9	.8
23-34	4,573	12.0	71.6	8.9	6.6	.9
35-50	4,424	11.5	77.7	5.4	3.9	1.5
51-64	3,468	11.5	77.5	4.1	5.2	1.7
65-74	1,885	15.0	78.2	2.1	3.0	1.7
75 and over	885	21.5	71.5	3.1	1.6	2.3
Females:						
9-11	1,865	2.4	87.7	3.5	5.6	.8
12-14	2,127	4.7	85.4	4.2	4.7	.9
15-18	2,607	10.4	74.7	8.4	5.4	1.0
19-22	2,077	12.1	71.9	10.2	5.0	.8
23-34	6,179	7.3	80.4	5.1	6.2	1.1
35-50	6,283	9.1	80.3	4.4	4.8	1.4
51-64	4,916	16.7	73.0	4.0	4.5	1.7
65-74	2,340	37.0	55.1	3.6	2.5	1.7
75 and over	1,319	46.5	47.4	2.8	1.7	1.6
All individuals ..	62,474	11.4	77.7	4.9	4.8	1.2

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 14.—Snacks[1] shared with specified person(s), 1977-78

Sex and age (years)	Total snacks[1]	Person(s) sharing snack with respondent				
		Alone	Household member(s)	Non-household member(s)	Both household and non-household member(s)	Not reported
	Number	Percent				
Males and females:						
Under 1	1,891	69.9	21.2	1.6	0.8	6.6
1-2	4,562	44.8	44.0	3.6	5.0	2.6
3-5	5,894	29.0	54.0	9.3	6.0	1.6
6-8	5,724	26.4	53.5	11.8	6.6	1.7
Males:						
9-11	2,878	35.4	49.3	8.0	5.3	2.0
12-14	3,526	47.1	37.7	8.7	4.3	2.3
15-18	4,339	54.0	25.5	15.6	2.9	2.0
19-22	2,908	49.4	19.8	23.8	4.6	2.4
23-34	10,179	41.3	25.5	25.2	5.3	2.7
35-50	9,546	41.3	31.3	19.8	4.1	3.5
51-64	7,109	49.2	28.5	15.8	2.8	3.7
65-74	2,469	53.9	35.5	3.9	3.4	3.3
75 and over	956	56.0	35.4	2.9	1.7	4.1
Females:						
9-11	2,855	34.8	48.9	10.4	4.8	1.1
12-14	3,547	43.8	37.1	12.5	4.8	1.8
15-18	4,305	47.6	27.9	17.7	4.8	2.0
19-22	3,963	43.1	30.6	19.2	5.1	2.0
23-34	14,010	43.4	32.6	15.7	5.8	2.5
35-50	12,951	48.4	29.5	14.7	4.6	2.8
51-64	8,534	54.7	26.2	12.2	3.3	3.5
65-74	2,820	61.0	27.7	5.8	2.2	3.3
75 and over	1,236	61.6	26.8	5.3	1.9	4.4
All individuals ..	116,199	45.1	33.4	14.3	4.5	2.7

[1] Includes coffee and beverage breaks.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 15.--Other eating occasions[1] shared with specified person(s), 1977-78

Sex and age (years)	Total other eating occasions[1]	Person(s) sharing other eating occasions with respondent				
		Alone	Household member(s)	Non-household member(s)	Both household and non-household member(s)	Not reported
	Number	Percent				
Males and females:						
Under 1	1,672	40.7	23.4	0.4	1.1	34.4
1-2	455	52.8	11.1	.6	2.3	33.2
3-5	254	11.2	22.2	1.9	6.0	58.8
6-8	235	22.3	16.3	8.6	4.8	48.0
Males:						
9-11	139	5.4	24.1	12.2	4.9	53.4
12-14	213	10.7	18.6	11.2	3.6	55.7
15-18	229	15.0	8.8	10.1	2.0	64.1
19-22	248	12.9	9.8	16.3	5.9	55.0
23-34	773	20.7	8.3	15.3	6.6	49.0
35-50	720	17.9	19.9	12.9	8.3	41.0
51-64	635	18.7	22.3	8.8	5.4	44.8
65-74	319	28.7	20.2	8.4	2.7	40.0
75 and over	92	35.5	17.8	0	4.9	41.8
Females:						
9-11	156	10.6	14.4	6.0	5.4	63.6
12-14	158	17.6	9.6	5.5	7.9	59.4
15-18	238	14.3	20.2	11.4	3.9	50.2
19-22	273	15.5	12.6	20.5	9.6	41.9
23-34	1,055	22.2	18.5	14.7	7.5	37.1
35-50	929	20.8	19.4	10.7	5.3	43.8
51-64	785	27.2	20.5	7.4	5.6	39.3
65-74	318	36.2	10.5	5.6	3.2	44.4
75 and over	138	21.1	19.1	4.1	1.7	54.0
All individuals ..	10,034	25.3	17.9	8.7	4.9	43.2

[1] Includes eating occasions with no name reported and eating occasions named by respondent as something other than breakfast, lunch, brunch, dinner, supper, snack, or coffee or beverage break.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Lunch - Any eating occasion called "lunch" or "brunch" by a respondent.

Male head of household - Person indicated as such by the household respondent.

Nonmetropolitan areas - See "Urbanization."

North Central - See "Regions."

Northeast - See "Regions."

One-day dietary recall - A recall of beverage[illegible] foods ingested during the day preceding the interview--the 24 hours from 12:00 a.m. (midnight) to 11:59 p.m.

Preformed niacin - Nicotinic acid and nicotinamide present in foods. Does not include niacin converted from tryptophan in the body. Recommended Dietary Allowances for niacin are expressed as niacin equivalents which include both preformed niacin and niacin converted from tryptophan.

Pregnant female - A female 15 to 50 years old was recorded as pregnant if identified as such by the household respondent in answer to the question "Are there any females in this household who are 4 months or more pregnant?" The questionnaire did not obtain information about pregnancy status of girls under 15 years or women over 50 years.

Race - Of the household respondent, as observed by the interviewer. Recorded in three categories--white, black, and other. Other members of the household were assigned the same race as the household respondent.

Regions - Those areas of the 48 conterminous States as defined by the U.S. Department of Commerce for the 1970 Census of Population. The four census regions and their States are as follows:

- Northeast--Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont;
- North Central--Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin;
- South--Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia;
- West--Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

Seasons -
- Spring--April, May and June;
- Summer--July, August, and September;
- Fall--October, November, and December;
- Winter--January, February, and March.

Snack - Any eating occasion designated by the respondent as a snack, a coffee break, or a beverage break.

Appendix B: Table Notes

Appendix A: Glossary

	and taro chips; and mixtures mainly viandas.
Other vegetables.........	Includes cooked and raw vegetables other than tomatoes, dark-green and deep-yellow vegetables, white potatoes, viandas, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures mainly vegetables.
Fats and oils............	Includes table fats such as butter, margarine, and imitation margarine; cooking fats such as bacon grease, lard, and meat drippings; vegetable oils; salad dressings, such as mayonnaise and regular and low-calorie dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces mainly fat or oil.
Sugar and sweets.........	Includes sugar, sugar substitutes, sirup, honey, molasses, icings, toppings, sweet sauces, jellies, jams, marmalades, preserves, sweet pastes, fruit butters, gelatin desserts, ices,

	popsicles, and candies (including dietetic sweets).
Nonalcoholic beverages...	Includes all types of coffee, tea, soft drinks, and fruit drinks and ades.

Appendix C: Sample Analysis

Appendix E: Distributions of Nutrient Intakes Expressed as Percentage of 1980 RDA

Appendix F: Nutrient Intakes by Special Groups

Food group	Content
Milk and milk products	Includes all types of fluid, canned, and dry cow's and goat milk; buttermilk; yogurt; chocolate milk and other flavored milk drinks and shakes; meal replacements with milk; milk-based baby formulas; fluid and powdered cream; sour cream; ice cream, ice milk, and milk sherbets; other desserts made with milk, such as puddings and custards; all types of natural, processed, and imitation cheese; and mixtures with cheese as a main ingredient. (Excludes butter, soy-based imitation milk and baby formulas, and nondairy cream substitutes.)
Meat, poultry, fish	Includes beef; pork; lamb; veal; game; poultry; organ meats; frankfurters; sausages; luncheon meats; fish; shellfish; and mixtures with meat, poultry, and/or fish as a main ingredient, such as stews, casseroles, pot pies, soups, salads, hash, frozen plate meals, meat gravies, and sandwiches reported as a single item.
Eggs	Includes whole eggs, egg whites and yolks, baby-food egg yolks, egg substitutes, and mixtures mainly egg, such as omelets, egg salad and egg sandwiches reported as a single item.
Legumes, nuts, seeds	Includes cooked dry beans, peas and lentils; mixtures mainly legumes, such as baked beans and bean soups; soybean-derived products, such as soy-based imitation milk and baby formulas; frozen plate meals with cooked dry peas or beans as the main course; meat substitutes mainly vegetable protein; nuts; peanut butter; seeds; and carob products.
Grain products	Includes bread, rolls, biscuits, muffins, bagels, quick breads, tortillas, cakes, pies, pastries, doughnuts, crackers, salty snacks made from grain, pancakes, waffles, french toast, macaroni, noodles, spaghetti, ready-to-eat and cooked cereals, grits, rice, other cooked cereal

Table 6.--Source of food at suppers at home and away from home, 1977-78

Sex and age (years)	Total suppers	Eating occasions at home (food from home supply)	Eating occasions away from home			Not reported
			Food from home supply	Food not from home supply	Food from both sources	
	Number	Percent				
Males and females:						
Under 1	692	96.8	2.4	0.6	0.1	0.1
1-2	1,874	92.5	.5	6.7	.2	.1
3-5	3,284	93.9	.4	5.6	.1	0
6-8	3,449	92.1	.5	7.1	0	.2
Males:						
9-11	1,790	93.0	.1	6.4	.4	.1
12-14	2,238	91.8	.8	7.2	.1	0
15-18	2,482	88.8	1.1	9.8	.2	0
19-22	1,717	80.4	2.0	17.2	.1	.2
23-34	4,573	80.4	2.8	15.5	1.0	.2
35-50	4,424	87.4	1.6	10.1	.8	.1
51-64	3,468	88.2	1.7	9.4	.4	.3
65-74	1,885	93.8	.1	5.6	.2	.3
75 and over	884	95.2	.5	4.1	0	.2
Females:						
9-11	1,865	91.0	.3	8.0	.3	.3
12-14	2,127	91.1	.5	8.1	.2	0
15-18	2,607	86.9	.6	12.1	.2	.1
19-22	2,077	83.8	.6	15.2	.3	0
23-34	6,179	88.3	.9	10.4	.3	.1
35-50	6,283	89.6	.9	9.1	.4	.1
51-64	4,916	90.7	.8	7.5	.6	.4
65-74	2,340	94.1	.3	5.3	0	.3
75 and over	1,319	96.4	0	3.0	.1	.4
All individuals ..	62,471	89.4	1.0	9.1	.4	.1

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 8.--Source of food at other eating occasions[1] at home and away from home, 1977-78

Sex and age (years)	Total other eating occasions[1]	Eating occasions at home (food from home supply)	Eating occasions away from home			Not reported
			Food from home supply	Food not from home supply	Food from both sources	
	Number	Percent				
Males and females:						
Under 1	1,672	94.6	3.5	1.7	0.1	0.2
1-2	455	93.4	.5	5.6	0	.5
3-5	254	81.5	.7	16.9	.8	0
6-8	235	74.3	6.2	17.6	1.1	.8
Males:						
9-11	139	71.8	6.7	17.9	1.4	2.2
12-14	213	72.4	4.8	21.9	.8	0
15-18	229	66.6	3.0	24.9	3.0	2.5
19-22	248	51.8	4.8	43.5	0	0
23-34	773	47.0	11.1	39.4	2.0	.5
35-50	720	63.4	4.1	30.9	1.1	.5
51-64	635	69.7	6.3	20.1	.8	3.1
65-74	319	88.6	.7	10.8	0	0
75 and over	92	87.0	0	9.7	0	3.3
Females:						
9-11	156	78.9	1.6	15.5	3.4	.6
12-14	158	75.9	2.1	22.0	0	0
15-18	238	69.4	2.9	26.4	.7	.5
19-22	273	54.1	5.0	39.8	1.1	0
23-34	1,055	66.2	4.6	28.0	.8	.4
35-50	929	74.3	4.8	20.1	0	.7
51-64	785	82.4	2.6	13.9	.6	.5
65-74	318	91.6	.3	6.8	.2	1.0
75 and over	138	93.6	0	5.4	0	1.0
All individuals ..	10,034	75.3	4.1	19.2	.7	.7

[1] Includes eating occasions with no name reported and eating occasions named by respondent as something other than breakfast, lunch, brunch, dinner, supper, snack, or coffee or beverage break.

Source: Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Appendix G: Eating Occasions

Table 2.--Source of food at eating occasions at home and away from home, 1977-78

Sex and age (years)	Total eating occasions	Eating occasions at home (food from home supply)	Eating occasions away from home: Food from home supply	Eating occasions away from home: Food not from home supply	Eating occasions away from home: Food from both sources	Not reported
	Number	Percent				
Males and females:						
Under 1	6,854	94.4	4.0	1.3	0.1	0.2
1-2	14,120	90.8	1.5	7.2	.3	.2
3-5	21,189	87.4	1.5	10.7	.3	.1
6-8	22,090	78.1	3.8	16.5	1.4	.2
Males:						
9-11	11,118	77.8	2.7	17.8	1.5	.1
12-14	13,471	78.0	2.2	18.3	1.4	.1
15-18	15,888	75.4	2.8	20.4	1.2	.2
19-22	11,052	68.7	4.4	25.1	1.5	.3
23-34	32,056	64.2	6.1	26.7	2.7	.3
35-50	31,066	69.2	7.4	21.3	1.9	.2
51-64	25,929	75.5	6.8	15.4	1.8	.4
65-74	11,597	91.3	1.3	7.0	.1	.3
75 and over	4,952	94.2	.8	4.6	0	.4
Females:						
9-11	11,725	77.3	3.4	17.4	1.7	.2
12-14	13,131	77.3	2.6	18.5	1.5	.1
15-18	16,097	74.6	2.5	21.5	1.2	.2
19-22	14,087	74.4	3.3	21.1	1.2	0
23-34	45,588	79.2	2.7	16.8	1.1	.2
35-50	44,193	82.4	3.2	13.1	1.1	.2
51-64	33,774	85.8	2.9	10.2	.9	.3
65-74	14,698	92.4	.7	6.3	.2	.4
75 and over	7,812	95.3	.3	4.0	.1	.3
All individuals ..	422,484	79.3	3.5	15.8	1.2	.2

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 4.--Source of food at lunches[1] at home and away from home, 1977-78

Sex and age (years)	Total lunches[1]	Eating occasions at home (food from home supply)	Eating occasions away from home: Food from home supply	Eating occasions away from home: Food not from home supply	Eating occasions away from home: Food from both sources	Not reported
	Number	Percent				
Males and females:						
Under 1	1,000	90.4	7.3	1.8	0.2	0.3
1-2	2,716	85.0	2.6	11.8	.5	.1
3-5	4,625	77.6	3.2	18.5	.6	.1
6-8	5,030	43.2	11.5	39.9	5.3	.1
Males:						
9-11	2,496	39.2	8.3	46.5	5.9	0
12-14	2,970	39.8	6.6	47.8	5.7	.1
15-18	3,485	43.5	7.7	44.3	4.5	0
19-22	2,466	49.5	11.1	33.9	5.3	.2
23-34	6,587	41.0	14.5	35.6	8.8	.1
35-50	6,256	41.4	19.4	32.5	6.4	.2
51-64	5,218	49.7	19.2	24.7	6.1	.3
65-74	2,330	83.7	4.0	11.8	.3	.2
75 and over	892	90.6	1.8	7.4	0	.2
Females:						
9-11	2,708	40.1	11.0	42.4	6.3	.2
12-14	2,942	40.4	8.0	45.2	6.2	.2
15-18	3,596	46.5	6.7	42.4	4.4	.1
19-22	3,123	58.5	7.8	29.4	4.2	.1
23-34	9,389	66.0	6.0	24.5	3.4	.1
35-50	8,964	67.5	7.6	21.1	3.7	.1
51-64	6,926	73.7	6.8	16.6	2.8	.2
65-74	3,050	86.1	1.6	11.1	.9	.3
75 and over	1,644	91.3	.3	8.0	.1	.3
All individuals ..	88,413	58.6	8.9	28.2	4.2	.1

[1] Includes brunches.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 18.--Type of service at eating occasions at restaurants, 1977-78

Sex and age (years)	Eating occasions at restaurants	Table	Counter	Cafeteria	Vending machine	Carry-out	Car	Other	Combination of service	Not reported
	Number	----------	----------	----------	----------	Percent	----------	----------	----------	----------
Males and females:										
Under 1	6	100.0	0	0	0	0	0	0	0	0
1-2	79	59.4	13.0	13.9	0	8.8	2.6	0	0	2.3
3-5	141	70.6	16.0	7.2	.7	4.0	0	0	.6	.9
6-8	160	67.5	13.2	15.9	0	2.5	0	0	1.0	0
Males:										
9-11	84	60.9	19.5	18.5	0	0	0	0	0	1.1
12-14	104	60.6	27.4	7.4	0	4.0	0	.7	0	0
15-18	299	55.0	22.3	7.7	1.2	8.0	.7	3.4	1.1	.7
19-22	466	58.1	29.3	3.7	1.1	2.3	1.1	2.4	.8	1.2
23-34	2,088	70.0	17.6	3.6	.2	6.2	.2	1.4	.2	.7
35-50	2,018	65.4	22.3	7.2	.1	2.7	.2	.9	.4	.9
51-64	1,406	69.0	21.9	5.8	0	1.5	0	.2	.2	1.4
65-74	311	70.8	15.6	11.0	0	1.9	0	0	.3	.3
75 and over	89	76.8	16.8	6.4	0	0	0	0	0	0
Females:										
9-11	103	71.7	8.3	11.6	1.0	5.1	0	0	.7	1.6
12-14	139	57.3	19.6	10.3	.6	5.3	0	0	.9	5.8
15-18	395	56.7	21.6	6.4	.2	7.0	.4	6.7	.8	.2
19-22	521	67.1	18.7	8.8	.2	3.7	0	.8	0	.8
23-34	1,587	73.4	11.5	7.2	.2	4.0	.2	2.2	.2	1.1
35-50	1,652	67.4	13.7	10.6	.5	3.1	.1	2.5	.7	1.4
51-64	974	69.0	13.2	12.5	.7	1.1	.3	1.7	.5	1.1
65-74	309	72.0	12.3	14.2	0	0	0	0	.7	.8
75 and over	89	75.5	3.5	15.0	0	3.6	0	0	0	2.3
All individuals ..	13,020	67.7	17.6	7.8	.3	3.5	.2	1.5	.4	1.0

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 19.--Type of service at eating occasions at fast food places, 1977-78

Sex and age (years)	Eating occasions at fast food places	Table	Counter	Cafe-teria	Vending machine	Carry-out	Car	Other	Combi-nation of service	Not reported
	Number	---------	---------	---------	---------	Percent	---------	---------	---------	---------
Males and females:										
Under 1	2	0	100.0	0	0	0	0	0	0	0
1-2	147	3.4	42.8	13.1	0	29.1	9.1	.8	.7	1.0
3-5	263	3.6	44.4	17.8	0	25.6	7.7	0	0	1.0
6-8	264	5.5	56.2	10.4	1.1	22.0	4.5	.3	0	0
Males:										
9-11	142	5.0	51.5	18.2	2.9	17.3	1.8	.5	1.1	1.6
12-14	237	2.6	55.3	13.1	.6	20.3	3.2	2.6	.5	1.8
15-18	517	3.4	52.1	13.3	.8	18.9	8.2	1.8	.3	1.1
19-22	625	4.3	51.9	14.8	1.5	19.5	6.2	1.1	.7	.1
23-34	1,281	2.4	53.8	13.7	1.4	22.4	4.5	.7	.3	.8
35-50	828	5.1	52.1	10.7	.8	27.1	3.2	.5	.5	.1
51-64	417	4.0	61.9	13.5	.3	15.6	3.0	0	.3	1.3
65-74	68	2.0	61.0	19.6	0	14.7	1.4	1.3	0	0
75 and over	15	5.1	64.3	0	0	14.5	16.1	0	0	0
Females:										
9-11	181	3.0	48.7	11.6	.5	28.9	4.2	1.0	1.3	.9
12-14	264	2.4	50.1	17.8	.6	20.5	4.2	0	0	4.3
15-18	608	2.0	59.2	12.4	.5	17.9	5.9	.9	.7	.5
19-22	530	2.8	52.0	14.5	1.4	23.2	5.3	.8	0	0
23-34	1,017	3.8	52.8	12.4	.4	23.0	6.2	.4	.3	.6
35-50	648	4.4	52.1	11.5	.2	25.3	5.1	.7	.4	.4
51-64	293	8.3	45.6	16.6	0	21.6	6.7	0	0	1.2
65-74	64	4.6	63.1	14.1	0	11.9	6.2	0	0	0
75 and over	24	6.2	47.6	16.7	0	16.5	13.1	0	0	0
All individuals ..	8,437	3.7	53.0	13.4	.8	22.1	5.2	.7	.4	.7

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 20.--Type of service at eating occasions at work, 1977-78

Sex and age (years)	Eating occasions at work	Table	Counter	Cafeteria	Vending machine	Carry-out	Car	Other	Combination of service	Not reported
	Number	Percent								
Males and females:										
Under 1	2	100.0	0	0	0	0	0	0	0	0
1-2	2	0	0	0	47.4	0	0	0	0	52.6
3-5	3	0	0	32.5	0	0	0	0	0	67.5
6-8	4	0	0	40.8	0	0	0	59.2	0	0
Males:										
9-11	8	0	15.5	44.5	26.7	0	0	0	0	13.3
12-14	22	6.2	23.6	24.2	38.3	3.0	0	4.6	0	0
15-18	250	4.9	16.3	15.3	35.9	2.5	.3	21.1	1.2	2.5
19-22	540	6.9	9.0	16.5	42.6	1.8	2.0	16.6	1.1	3.4
23-34	2,627	1.4	7.9	25.7	32.0	1.9	.8	27.2	1.2	2.0
35-50	2,170	2.1	5.6	24.0	26.4	3.4	1.0	32.9	.9	3.6
51-64	1,284	3.4	4.7	27.4	20.7	3.2	1.2	33.8	.4	5.3
65-74	42	19.5	29.2	10.7	0	0	0	34.6	0	6.2
75 and over	6	0	59.2	40.8	0	0	0	0	0	0
Females:										
9-11	5	0	0	100.0	0	0	0	0	0	0
12-14	17	9.7	13.9	44.8	0	8.5	0	23.0	0	0
15-18	192	5.7	14.1	29.8	19.6	1.1	1.6	19.3	1.8	7.0
19-22	678	2.0	8.1	27.0	27.4	1.8	0	30.0	1.5	2.1
23-34	2,069	3.2	7.7	29.0	23.7	3.6	0.9	28.2	1.5	2.2
35-50	1,673	3.7	8.2	30.2	16.3	2.4	.1	35.1	.5	3.6
51-64	977	7.5	9.1	32.9	12.5	0	.5	33.1	.8	3.4
65-74	65	0	24.1	31.3	8.3	2.7	0	22.6	0	10.9
75 and over	10	0	52.8	26.4	0	0	0	20.8	0	0
All individuals ..	12,646	3.3	7.8	26.9	24.7	2.5	.8	29.9	1.0	3.2

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminuous States.

Table 21.--Type of service at eating occasions at school, 1977-78

Sex and age (years)	Eating occasions at school	Table	Counter	Cafeteria	Vending machine	Carry-out	Car	Other	Combination of service	Not reported
	Number					Percent				
Males and females:										
Under 1	0	0	0	0	0	0	0	0	0	0
1-2	6	0	16.4	32.9	0	0	0	50.6	0	0
3-5	514	10.9	5.1	59.1	.7	.3	0	16.8	.4	6.7
6-8	2,127	2.1	6.6	81.9	.5	.2	0	5.3	.2	3.1
Males:										
9-11	1,166	1.8	7.4	84.1	.7	.2	.1	2.2	.1	3.5
12-14	1,434	.7	11.1	80.6	2.2	.3	.4	1.9	.2	2.7
15-18	1,284	.9	10.0	77.7	5.3	.8	.1	1.1	.1	4.0
19-22	177	1.5	15.0	53.6	17.9	1.3	0	3.4	1.5	6.0
23-34	105	1.6	11.1	46.2	19.3	0	0	20.2	0	1.5
35-50	102	1.8	9.2	46.2	13.5	0	0	27.6	1.1	.8
51-64	17	0	25.2	56.2	7.0	0	0	11.6	0	0
65-74	3	0	0	100.0	0	0	0	0	0	0
75 and over	0	0	0	0	0	0	0	0	0	0
Females:										
9-11	1,169	.5	7.2	85.0	.7	.2	.4	2.4	.4	3.2
12-14	1,197	.6	9.1	81.8	2.1	.4	.3	2.1	.5	3.1
15-18	1,159	1.1	12.6	71.1	5.6	.1	.3	4.4	1.7	3.1
19-22	124	0	9.7	62.6	16.2	4.6	0	3.1	3.0	.8
23-34	183	0	5.9	63.7	14.3	0	0	9.5	2.5	4.0
35-50	135	2.9	5.8	53.3	18.5	1.9	2.4	4.7	1.3	9.3
51-64	26	14.8	13.9	41.6	13.4	0	0	12.5	3.8	0
65-74	2	0	0	53.3	0	0	0	46.7	0	0
75 and over	0	0	0	0	0	0	0	0	0	0
All individuals ..	10,930	1.7	8.8	77.4	3.3	.4	.2	4.2	.5	3.5

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 22.--Type of service at eating occasions at stores, 1977-78

Sex and age (years)	Eating occasions at stores	Table	Counter	Cafe-teria	Vending machine	Carry-out	Car	Other	Combi-nation of service	Not reported
	Number	Percent								
Males and females:										
Under 1	1	0	0	100.0	0	0	0	0	0	0
1-2	20	0	44.5	0	9.5	35.6	0	6.3	4.0	0
3-5	63	1.1	29.1	0	10.8	40.2	0	10.5	0	8.3
6-8	71	0	46.1	0	7.5	25.5	0	16.6	0	4.3
Males:										
9-11	49	4.0	68.9	0	1.3	11.9	0	8.1	0	5.9
12-14	135	0	37.6	.6	10.3	27.4	1.5	12.8	1.7	8.0
15-18	255	1.2	41.4	2.7	11.2	25.6	.3	10.2	2.2	5.1
19-22	206	.7	29.8	0	3.7	48.6	1.5	9.7	1.8	4.1
23-34	500	.5	32.8	.4	11.8	44.2	0	8.4	0	1.8
35-50	235	1.8	39.0	0	7.9	39.0	0	5.8	1.1	5.3
51-64	116	0	41.2	0	1.1	52.0	0	5.7	0	0
65-74	12	0	30.7	0	0	43.6	0	25.7	0	0
75 and over	3	0	100.0	0	0	0	0	0	0	0
Females:										
9-11	76	2.1	43.0	0	5.8	30.4	0	9.2	3.4	6.0
12-14	146	1.6	44.7	0	4.5	28.9	.6	9.6	0	10.1
15-18	210	.5	34.9	2.5	6.1	37.4	0	13.7	.7	4.1
19-22	149	3.5	36.5	1.5	3.6	30.3	0	23.4	.5	.6
23-34	285	2.1	33.2	1.0	12.0	38.5	0	12.4	0	.7
35-50	154	3.2	44.7	5.2	4.2	33.1	0	6.5	0	3.1
51-64	68	0	29.0	11.1	6.3	22.6	0	17.2	0	13.8
65-74	6	0	39.3	17.9	0	42.8	0	0	0	0
75 and over	0	0	0	0	0	0	0	0	0	0
All individuals ..	2,759	1.3	37.4	1.4	7.9	36.4	.2	10.6	.7	4.0

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

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Table 23.--Persons sharing eating occasions with all food obtained and eaten away from home, 1977-78

Sex and age (years)	Eating occasions		Person(s) sharing eating occasion with participant				
	Total	Away from home	Alone	Household member(s)	Non-household member(s)	Both household and non-household members	Not reported
	Number	Percent	Percent				
Males and females:							
Under 1	6,854	1.3	17.6	16.7	22.0	26.1	17.6
1-2	14,120	7.2	6.9	28.5	29.1	33.8	1.7
3-5	21,189	10.7	3.7	24.8	46.6	23.1	1.8
6-8	22,090	16.5	3.1	15.0	63.9	15.8	2.2
Males:							
9-11	11,118	17.8	4.9	13.9	66.3	12.5	2.4
12-14	13,471	18.3	7.4	13.2	68.9	8.1	2.5
15-18	15,888	20.4	17.2	11.1	63.4	6.0	2.2
19-22	11,052	25.1	26.4	9.8	53.5	7.0	3.3
23-34	32,056	26.7	28.5	10.7	49.7	8.7	2.5
35-50	31,066	21.3	29.4	11.3	47.8	8.0	3.6
51-64	25,929	15.4	30.2	15.3	42.6	8.0	3.9
65-74	11,597	7.0	20.9	24.7	29.0	20.7	4.7
75 and over	4,952	4.6	16.0	23.0	35.1	24.6	1.2
Females:							
9-11	11,725	17.4	4.4	16.0	65.4	12.0	2.2
12-14	13,131	18.5	6.9	14.6	65.6	10.7	2.2
15-18	16,097	21.5	12.2	10.9	65.9	8.5	2.5
19-22	14,087	21.1	17.9	15.0	54.4	10.5	2.2
23-34	45,588	16.8	17.7	17.6	46.7	15.5	2.6
35-50	44,193	13.1	17.6	19.7	47.2	12.3	3.1
51-64	33,774	10.2	18.0	20.3	45.7	12.9	3.1
65-74	14,698	6.3	14.6	20.8	47.8	12.9	3.8
75 and over	7,812	4.0	12.1	24.4	46.6	15.2	1.7
All individuals ..	422,484	15.8	18.0	15.2	52.4	11.6	2.8

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 2.--Sources of special diets, 1977-78

Sex and age (years)	Individuals	Individuals on special diet	Source of special diet: Doctor	Group program	Heard or read about it	Self-prescribed	Other	Not reported
	Number	Percent	Percent					
Males and females:								
Under 1.........	421	13.5	73.2	0	0	0	16.1	10.7
1-2.............	1,035	1.9	52.0	0	0	0	22.5	25.5
3-5.............	1,719	1.5	56.1	0	0	0	22.5	21.4
6-8.............	1,841	2.1	33.3	0	2.6	4.4	19.6	40.1
Males:								
9-11............	939	2.2	46.5	0	13.0	4.3	10.1	26.0
12-14...........	1,150	2.3	34.0	3.9	0	13.3	20.3	28.5
15-18...........	1,394	1.8	28.7	0	11.3	11.8	16.5	31.8
19-22...........	1,030	5.1	35.0	6.4	14.7	12.3	18.8	12.8
23-34...........	2,716	5.5	39.0	3.3	13.8	18.0	22.0	3.9
35-50...........	2,571	10.5	57.7	3.4	10.4	8.6	16.7	3.1
51-64...........	2,161	18.9	72.9	2.2	4.1	3.3	15.0	2.6
65-74...........	1,04[illegible]	21.7	76.2	0	2.4	2.6	13.9	4.8
75 and over.....	465	21.3	82.9	4.9	2.7	0	7.0	2.5
Females:								
9-11............	1,011	2.3	42.9	2.7	8.0	7.4	18.7	20.4
12-14...........	1,148	5.3	21.4	10.2	15.0	17.1	30.8	5.5
15-18...........	1,473	8.2	9.2	14.2	21.3	20.7	24.8	9.7
19-22...........	1,317	11.5	23.7	6.4	13.7	28.1	18.0	10.1
23-34...........	3,879	15.5	29.3	12.0	18.2	16.9	19.4	4.2
35-50...........	3,759	18.6	42.5	11.1	16.0	13.6	13.9	2.9
51-64...........	2,936	24.0	63.5	5.5	9.0	5.9	12.7	3.4
65-74...........	1,376	30.6	75.6	4.6	3.2	4.0	11.0	1.7
75 and over.....	751	29.0	81.4	1.0	1.9	3.2	8.4	4.1
All individuals...	36,142	12.2	53.8	6.2	10.1	9.6	15.3	5.0

Source: Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 4.--Use of vitamin and mineral supplements, 1977-78

Sex and age (years)	Individuals	Individuals reporting use of supplements	Multiple			Vitamins					Minerals				
			Vitamins	Minerals	Vitamins and minerals	A	C	D	E	B	Iron	Calcium	Zinc	Fluoride	Other
	Number	Percent	Percent												
Males and females:															
Under 1.........	421	47.6	37.3	1.3	21.1	9.7	9.7	8.5	0.7	0.6	10.7	0	0	7.8	10.3
1-2.............	1,735	51.7	53.1	1.9	23.3	2.5	7.3	2.4	.7	1.0	6.7	.1	0	5.8	6.4
3-5.............	1,719	47.0	61.3	2.2	20.1	1.1	9.4	1.0	.9	1.8	6.9	.6	.1	6.2	3.3
6-8.............	1,841	37.6	57.2	2.5	23.3	1.6	12.5	1.0	1.2	1.3	7.1	.8	.1	5.4	3.6
Males:															
9-11............	939	30.8	55.9	1.9	27.9	2.6	14.8	.9	1.6	3.5	5.4	.9	.8	3.2	1.4
12-14...........	1,150	21.6	53.2	2.0	22.6	2.7	25.1	1.8	3.7	2.8	8.1	1.0	1.6	1.8	2.8
15-18...........	1,394	20.0	47.9	2.0	28.1	6.2	27.6	2.2	7.1	7.3	4.8	1.8	3.4	.3	3.6
19-22...........	1,030	22.8	48.1	1.3	26.9	4.2	30.3	3.9	13.5	10.6	12.5	.6	1.0	0	2.9
23-34...........	2,716	27.7	44.7	3.9	32.1	6.9	28.0	3.7	14.7	14.4	6.6	2.2	2.2	0	4.5
35-50...........	2,571	27.4	41.2	4.0	32.3	5.2	27.8	3.9	17.7	14.4	6.0	1.5	.9	0	4.2
51-64...........	2,161	33.3	40.8	2.4	30.3	4.1	20.4	2.2	17.6	10.1	4.5	1.4	2.1	.1	6.7
65-74...........	1,049	34.2	30.9	2.4	30.1	6.7	20.3	2.8	21.4	13.7	6.2	.5	1.1	0	4.6
75 and over.....	465	31.8	30.7	3.5	23.2	5.3	24.1	2.8	13.7	10.9	8.5	1.1	.5	0	3.1
Females:															
9-11............	1,011	28.7	59.3	3.4	24.0	2.0	13.4	1.2	1.0	1.0	5.3	.7	.4	3.5	2.1
12-14...........	1,148	26.9	51.5	2.5	27.4	4.0	20.8	1.2	2.8	3.5	8.5	1.5	.6	.7	2.3
15-18...........	1,473	28.2	44.2	1.1	24.5	4.5	21.5	1.5	7.0	6.2	20.3	2.0	.6	.7	3.7
19-22...........	1,317	35.2	37.9	.8	29.7	3.3	18.7	2.0	7.4	11.0	23.9	1.4	.6	0	3.9
23-34...........	3,879	41.1	37.0	1.9	33.6	5.7	19.7	2.9	9.7	12.5	19.6	3.7	1.0	0	8.3
35-50...........	3,759	38.6	38.8	2.9	30.9	6.2	22.7	3.4	16.6	13.7	16.5	3.5	1.2	.2	7.7
51-64...........	2,936	40.0	33.5	3.0	26.7	5.5	27.9	4.9	24.4	16.3	11.2	3.7	1.9	.3	5.3
65-74...........	1,376	39.4	28.8	.9	26.0	5.4	23.0	2.7	22.5	15.9	11.8	2.6	1.7	0	10.2
75 and over.....	751	43.3	30.9	3.6	31.8	5.4	23.8	4.6	13.8	14.9	10.4	4.4	.4	.4	8.2
All individuals...	36,142	34.7	42.8	2.4	28.2	4.7	20.8	2.9	11.7	10.0	11.3	2.2	1.1	1.4	5.6

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 1.--One-day intakes reported to be atypical and reasons specified, 1977-78

Sex and age (years)	Individuals	Individuals reporting at least one atypical day	Days reported to be atypical	Reason for atypical intake							
				Illness	Short of cash	Traveling	Social occasion	Holiday	No time to eat	Other reason	Not reported
	Number	Percent	Percent	--------------------Percent of atypical days--------------------							
Males and females:											
Under 1.........	421	17.5	8.6	38.0	0	3.7	2.8	1.9	0	20.4	33.3
1-2.............	1,035	27.2	12.7	21.1	3.6	3.6	9.6	4.6	5.3	29.9	21.8
3-5.............	1,719	27.8	12.2	14.6	4.8	3.5	12.8	6.8	9.4	28.7	19.2
6-8.............	1,841	25.7	11.9	14.0	3.5	4.4	13.1	9.4	8.6	26.9	20.2
Males:											
9-11............	939	31.6	15.4	8.0	2.5	4.1	13.1	9.0	11.0	34.9	17.5
12-14...........	1,150	36.2	17.5	9.9	3.6	3.3	10.2	5.6	13.9	37.9	15.5
15-18...........	1,394	36.7	18.4	11.0	2.5	3.9	7.1	4.9	22.2	33.6	14.7
19-22...........	1,030	39.4	20.7	6.7	5.3	6.4	11.6	4.1	24.6	29.3	12.2
23-34...........	2,716	38.7	18.5	7.2	2.9	8.9	16.2	5.2	20.1	30.6	9.0
35-50...........	2,571	34.0	15.8	6.0	3.5	7.2	17.9	4.4	20.0	30.6	10.3
51-64...........	2,161	27.3	12.6	10.2	.1	5.5	17.0	5.1	9.4	34.4	17.0
65-74...........	1,049	24.9	11.2	16.9	3.4	2.8	18.6	4.0	4.8	37.0	12.1
75 and over.....	465	20.2	8.7	[illegible]	4.1	.8	11.5	5.7	4.1	25.4	30.3
Females:											
9-11............	1,011	27.8	12.3	11.5	2.7	4.5	14.4	7.5	10.2	31.6	17.9
12-14...........	1,148	37.0	18.6	12.0	3.9	2.8	12.3	7.8	15.9	34.1	11.1
15-18...........	1,473	41.9	21.4	7.6	3.8	3.9	14.9	4.8	22.6	33.5	9.3
19-22...........	1,317	41.9	21.2	8.0	3.2	5.2	15.1	3.5	16.8	39.2	9.3
23-34...........	3,879	42.3	20.7	8.7	2.3	3.5	15.0	2.8	18.7	41.5	7.5
35-50...........	3,759	39.6	19.3	9.9	1.7	3.7	17.3	4.6	17.1	35.5	10.0
51-64...........	2,936	36.5	17.1	12.7	3.6	3.6	20.0	3.5	12.7	32.0	12.0
65-74...........	1,376	29.8	13.8	14.4	3.0	5.1	19.0	2.8	10.5	32.7	12.3
75 and over.....	751	24.1	10.9	24.9	.8	1.2	12.2	4.1	7.3	25.7	22.9
All individials...	36,142	34.5	16.6	10.6	2.9	4.6	15.1	4.8	15.7	33.9	12.4

Source: Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

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Table 3.--Individuals reporting specified factors[1] that affect food intake, 1977-78

Sex and age (years)	Individuals	On diet to lose weight	On diet to gain weight	Have chewing problem	Have medical problem	Some foods do not agree with me	Dislike eating in early morning	Dislike cooking for one person	Dislike certain foods	Other reason
	Number				----Percent----					
Males and females:										
Under 1.........	421	0.3	1.4	4.1	3.8	3.4	0.6	0	4.6	4.1
1-2.............	1,035	.3	.4	3.0	2.7	3.0	1.5	.4	22.9	2.3
3-5.............	1,719	.1	.3	.7	3.2	2.2	2.4	.5	26.3	1.5
6-8.............	1,841	.6	.4	.9	2.4	2.2	3.3	.4	28.8	.9
Males:										
9-11............	939	1.0	.5	.7	3.3	1.9	4.1	.8	28.5	1.0
12-14...........	1,150	2.0	.5	1.2	2.7	4.7	5.7	1.6	27.7	1.0
15-18...........	1,394	1.6	1.2	.9	2.3	3.8	11.7	1.7	26.2	2.0
19-22...........	1,030	4.1	1.0	.7	3.8	4.8	15.5	3.4	24.8	2.4
23-34...........	2,716	6.1	.7	1.2	3.2	7.8	23.5	5.0	21.0	4.2
35-50...........	2,571	7.5	.3	2.1	6.4	9.6	19.7	3.0	16.7	3.4
51-64...........	2,161	8.7	.2	2.7	13.6	11.4	12.4	2.8	14.9	3.7
65-74...........	1,049	4.7	1.0	7.9	18.1	12.9	6.9	2.7	17.2	4.2
75 and over.....	465	2.6	.5	13.8	16.4	16.2	3.3	4.9	17.8	4.6
Females:										
9-11............	1,011	1.4	.3	.6	2.0	2.9	4.5	1.0	28.9	.8
12-14...........	1,148	5.6	.6	1.3	2.3	6.1	13.6	1.1	31.9	.8
15-18...........	1,473	10.9	.4	1.4	3.0	6.9	22.6	3.2	29.8	2.9
19-22...........	1,317	16.9	.8	1.0	2.9	8.1	26.9	8.1	24.2	4.1
23-34...........	3,879	18.1	1.2	1.9	4.5	7.7	27.9	7.2	18.7	4.7
35-50...........	3,759	19.1	.3	2.0	7.8	10.5	23.1	4.6	13.0	3.1
51-64...........	2,936	15.8	.7	3.8	15.6	15.6	16.8	6.3	11.9	4.5
65-74...........	1,376	11.7	.3	5.9	21.8	20.9	11.2	9.0	14.5	4.1
75 and over.....	751	4.0	.8	8.6	24.4	19.5	6.8	6.0	12.8	6.3
All individuals...	36,142	9.0	.6	2.4	7.3	8.6	15.5	3.9	20.2	3.2

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[1] See question 24 on individual intake record form, appendix M.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 1.--Heights and weights of individuals, 1977-78

Sex and age (years)	Individuals[1]	Height		Individuals	Weight	
		Average	±S.D.		Average	±S.D.
	Number	-----Inches------		Number	-----Pounds------	
Males and females:						
Under 1.........	[2]413	25.1	4.1	421	16.8	5.6
1-2.............	[2]1,020	31.6	5.1	1,031	28.7	6.2
3-5.............	1,699	39.3	5.3	1,709	39.9	8.5
6-8.............	1,816	47.5	5.3	1,826	56.6	13.5
Males:						
9-11............	928	54.4	5.1	929	79.8	19.6
12-14	1,144	62.1	5.0	1,141	111.0	25.3
15-18...........	1,390	68.8	3.7	1,386	146.3	24.9
19-22...........	1,030	70.1	2.9	1,022	161.7	25.5
23-34...........	2,713	70.2	2.8	2,703	173.5	28.3
35-50...........	2,569	70.0	2.8	2,564	179.3	29.8
51-64...........	2,159	69.5	2.7	2,154	176.5	27.3
65-74...........	1,046	68.8	3.0	1,043	167.2	25.5
75 and over.....	465	68.1	3.1	464	156.9	22.4
Females:						
9-11............	1,001	54.7	5.2	1,005	78.9	19.4
12-14...........	1,144	61.7	3.7	1,145	108.2	22.5
15-18...........	1,467	64.2	2.7	1,467	123.2	20.6
19-22...........	1,308	64.4	2.6	1,313	130.3	22.7
23-34...........	3,878	64.1	2.5	3,858	135.7	28.5
35-50...........	3,757	64.2	2.4	3,737	144.9	30.1
51-64...........	2,933	63.8	2.6	2,923	147.4	29.1
65-74...........	1,376	63.5	2.4	1,376	145.6	27.8
75 and over.....	751	63.2	2.6	748	136.3	26.5
All individuals...	[3]36,009	61.8	10.6	[3]35,969	130.3	50.0

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[1] Includes only individuals with 3-day dietary reports.

[2] Excludes breast-fed infants.

[3] For 133 individuals height was missing and for 173 individuals weight was missing.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 2.--Self-appraised health and handicap status of individuals, 1977-78

Sex and age (years)	Individuals	Health status					Handicap status		
		Excellent	Good	Fair	Poor	Not reported	Yes	No	Not reported
	Number	Percent							
Males and females:									
Under 1.........	[2]421	75.6	20.7	2.3	0	1.4	3.6	94.0	2.5
1-2.............	[2]1,035	68.0	28.3	2.7	.2	.9	3.0	95.9	1.1
3-5.............	1,719	68.1	28.8	1.9	.3	1.0	2.8	95.5	1.7
6-8.............	1,841	67.5	29.5	1.7	.3	.9	3.7	94.4	1.9
Males:									
9-11............	939	69.0	28.3	1.8	.2	.6	3.5	94.7	1.8
12-14...........	1,150	64.5	33.1	1.5	.1	.7	4.9	92.9	2.3
15-18...........	1,394	64.0	32.9	2.0	.6	.5	4.3	94.4	1.3
19-22...........	1,030	60.2	34.9	3.9	.5	.6	6.8	92.2	1.0
23-34...........	2,716	56.0	38.4	4.3	.4	.9	6.6	92.0	1.4
35-50...........	2,571	44.7	44.9	8.5	1.5	.4	10.4	88.8	.7
51-64...........	2,161	27.3	50.2	15.7	6.6	.2	22.3	76.7	1.0
65-74...........	1,049	16.3	43.7	30.5	9.1	.3	27.8	71.6	.6
75 and over.....	465	15.2	40.2	30.8	13.9	0	41.4	58.0	.6
Females:									
9-11............	1,011	64.8	32.1	1.6	.2	1.3	2.9	94.7	2.4
12-14...........	1,148	63.5	32.7	2.9	.5	.4	4.0	94.0	2.0
15-18...........	1,473	55.7	38.8	4.7	.4	.5	4.9	93.2	1.8
19-22...........	1,317	50.5	42.6	5.6	.1	1.0	2.9	95.7	1.5
23-34...........	3,879	48.8	44.2	5.9	.5	.6	5.2	93.7	1.0
35-50...........	3,759	38.4	47.3	11.8	1.9	.6	9.3	89.7	1.0
51-64...........	2,936	21.5	50.2	21.8	6.2	.3	22.0	77.2	.8
65-74...........	1,376	14.2	50.0	27.5	8.1	.3	30.3	69.1	.6
75 and over.....	751	14.1	43.1	30.2	12.0	.6	40.0	58.8	1.2
All individuals...	36,142	47.0	40.5	9.6	2.4	.6	10.8	88.0	1.3

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[1] Includes only individuals with 3-day dietary reports.
[2] Excludes breast-fed infants.

Source: USDA Food Consumption Survey 1977-78, 48 conterminous States.

The 1-day dietary recalls of individuals collected in the spring 1977 NFCS (10) were compared to the 1-day dietary recalls from the spring 1965 survey (tables 1 to 5). The intakes of energy and 10 nutrients by individuals in the 1965 survey are on a computer tape available from NTIS (Spring Individual Food Intake, 1965; appendix L). This tape was used in computing the 1965 data in tables 1 to 5. The food composition values used in computing the nutrient content of diets in 1965 were the best available at that time. Subsequent updates of food composition values for the 1977 survey usually reflected changes in products including such factors as increased enrichment and fortification of cereals and bakery products.

An overview of differences between the two surveys in average intakes of energy and nutrients for all individuals is given below. The percentage change is calculated by subtracting the 1965 intake from the 1977 intake, dividing the difference by the 1965 intake, and expressing the result as a percentage.

Food energy and nutrients	Average intake 1977	Average intake 1965	Percentage change
Food energy (kcal)....	1,865	2,060	- 9
Protein (g)...........	75.5	81.5	- 7
Fat (g)...............	85.3	99.3	-14
Carbohydrate (g)......	195.7	209.8	- 7
Calcium (mg)..........	734	793	- 7
Iron (mg).............	12.7	12.1	5
Vitamin A value (IU)..	5,069	5,441	- 7
Thiamin (mg)..........	1.26	1.12	13
Riboflavin (mg).......	1.71	1.77	- 3
Preformed niacin (mg).	18.7	16.3	15
Vitamin C (mg)........	87	61	43

The lower intakes of energy and energy-yielding nutrients in 1977 compared with 1965 reflect lower reported intakes of a number of foods in the later survey as reported in the NFCS 1977-78 Report No. I-1 (32). Lower calcium and riboflavin intakes probably are a result of declining consumption of milk, while the lower value for vitamin A reflects lower consumption of deep-yellow vegetables and tomatoes. Higher values for iron, thiamin, and preformed niacin may be attributed to increased enrichment and fortification in foods such as cereal and bakery products. Increased consumption of citrus fruit juices probably explains the increase in intakes of vitamin C.

Average intakes of food energy were 10 to 17 percent lower in 1977 than in 1965 for infants, children under 9 years, males 9 to 64 years, and females 12 to 22 years (table 1). Intakes of the oldest adults (men over 64 years and women over 50 years) showed the smallest drop (2 to 7 percent). In the 1977 survey, the peak intake was for 15- to 18-year-old males (2,698 kcal), and in 1965 it was for 19- to 22-year-old males (3,111 kcal). Among females, 12- to 14-year-olds had the peak intake in both surveys (1,903 kcal and 2,146 kcal in 1977 and 1965, respectively).

Fat provided a slightly smaller percentage of the energy intake in 1977 than in 1965 (-1.8 percentage points), and protein and carbohydrate provided slightly more (0.5 and 1.1 percentage points, respectively) (table 2). Among sex-age groups, changes in the percentage of energy from fat and carbohydrate were generally greatest for infants, young children, and elderly women.

The average calcium intake was lower for all individuals in 1977 compared to 1965, and the average iron intake was higher (table 1). The drop in calcium intake was greatest for infants and children under 12 years (-11 to -24 percent), while for men over 64 years and for most groups of women, intakes were higher (+2 to +14 percent). Iron intake by infants in 1977 was almost triple that in 1965. Iron intakes were much higher for the youngest and oldest groups of individuals, but for young and middle-aged adults (19 to 50 years old), iron intakes were lower in 1977 than in 1965 (-2 to -11 percent). However, the average amount of iron per 1,000 kcal was 16 percent higher for all individuals in 1977 than in 1965, and it was higher for each of the sex-age groups as well (table 3). Calcium intake per 1,000 kcal was greater in 1977 than in 1965 for all sex-age groups except infants and children 1 to 5 and 9 to 11 years.

Average intakes of vitamin C were higher in 1977 than in 1965 for all sex-age groups (table 1). Thiamin intakes were higher for all except three groups (19- to 34-year-old men and 19- to 22-year-old women), and preformed niacin intakes increased for all except two groups (23- to 34-year-old men and 19- to 22-year-old women). Vitamin A value intakes were higher in 1977 than in 1965 only for 6- to 8-year-olds and older adults (men over 64 years and women over 50 years); riboflavin intakes were higher only for 12-to 18-year-old boys and the older adults. However, the average intakes of these vitamins per 1,000 kcal of food energy were greater in 1977 than in 1965 for all individuals (table 3). Each of the sex-age groups also showed an increase in densities of vitamin C, thiamin, preformed niacin, and riboflavin. Infants, men 23 to 34 years, and females 9 to 50 years had average intakes of vitamin A value per 1,000 kcal in 1977 that were 83 to 96 percent of the 1965 densities, while the other sex-age groups showed increases in the densities of vitamin A value.

Average intakes of food energy and eight nutrients expressed as a percentage of 1980 RDA for both 1965 and 1977 are compared below for all individuals.

Food energy and nutrients	Average intake as percentage of 1980 RDA		Difference 1977-1965
	1977	1965	
Food energy.........	85	96	-11
Protein.............	165	190	-25
Calcium.............	85	94	- 9
Iron................	104	99	5
Vitamin A...........	116	121	- 5
Thiamin.............	112	103	9
Riboflavin..........	130	142	-12
Preformed niacin....	126	112	14
Vitamin C...........	152	112	40

In 1977, more sex-age groups met the 1980 RDA for iron and four of the vitamins than did so in 1965. Only for calcium, did more groups fail to meet RDA in 1977 than in 1965 (table 4).

Intakes of all groups in both surveys met the RDA for protein, and all except one had intakes of vitamin A that met the RDA. Of the other four vitamins studied, intakes of three--riboflavin, preformed niacin, and vitamin C--met the RDA for all sex-age groups in 1977 but not in 1965. For thiamin, average intakes in 1977 met the RDA for all except two sex-age groups; whereas in 1965, 13 groups had intakes below the RDA.

More individuals obtained and ate food away from home in 1977 than in 1965 (44 and 39 percent, respectively) (table 5). Young women (23 to 34 years) and preschool-aged children (3 to 5 years) showed the biggest increase

Table 1.--Nutritive value of food intake
Average intake per individual in 1 day,[1] spring 1965 and spring 1977 (10)

Sex and age (years)	Individuals 1965	Individuals 1977	Food energy 1965	Food energy 1977	Protein 1965	Protein 1977	Fat 1965	Fat 1977	Carbohydrate 1965	Carbohydrate 1977	Calcium 1965	Calcium 1977
	---Number---		----Kcal----		-----G-----		-----G------		-----G------		------G-----	
Males and females:												
Under 1.........	[2]404,	78	962	794	38.8	29.2	41.6	30.4	105.5	97.0	1,044	791
1-2.............	[2]801	264	1,403	1,164	56.2	46.1	64.6	48.9	152.4	137.8	930	729
3-5.............	1,397	437	1,704	1,435	64.9	55.1	78.6	61.0	188.9	170.5	883	713
6-8.............	1,405	469	2,022	1,711	75.9	65.9	93.6	72.4	224.8	203.3	976	867
Males:												
9-11............	663	216	2,357	2,000	88.2	78.0	109.6	87.6	261.2	228.8	1,082	920
12-14...........	626	313	2,659	2,366	99.9	89.7	125.9	105.5	288.0	270.0	1,186	1,077
15-18...........	725	400	3,008	2,698	115.5	106.6	145.5	123.3	314.3	294.8	1,223	1,194
19-22...........	331	287	3,111	2,569	121.6	105.3	154.0	118.4	312.4	256.8	1,040	983
23-34...........	1,152	770	2,862	2,449	117.0	98.1	143.5	114.8	262.7	241.6	865	830
35-50...........	1,710	784	2,653	2,314	107.7	95.6	133.2	109.3	248.2	220.8	788	764
51-64...........	1,074	634	2,456	2,148	98.4	90.1	123.5	101.6	230.1	208.8	718	702
65-74...........	450	295	2,067	1,970	82.9	81.0	101.1	92.8	204.0	205.3	693	729
75 and over.....	205	127	1,902	1,808	74.6	74.6	91.7	86.2	194.1	184.8	619	679
Females:												
9-11............	597	241	2,013	1,865	75.2	70.4	92.4	79.1	226.3	222.6	952	845
12-14...........	625	309	2,146	1,903	80.6	73.2	100.4	85.3	235.4	214.3	947	864
15-18...........	674	402	1,988	1,791	77.8	70.7	93.4	80.5	213.1	198.5	803	774
19-22...........	480	337	1,926	1,621	77.1	66.7	90.4	75.9	202.5	168.8	666	630
23-34...........	1,418	949	1,773	1,616	70.8	65.9	85.8	73.7	177.4	165.2	571	604
35-50...........	2,072	942	1,656	1,514	68.5	63.9	80.2	70.8	162.0	151.2	528	515
51-64...........	1,296	792	1,625	1,522	67.5	65.2	80.1	71.2	158.2	153.8	520	532
65-74...........	599	377	1,474	1,444	60.3	60.4	70.1	65.8	151.3	155.4	503	566
75 and over.....	311	197	1,475	1,367	59.5	54.1	69.3	59.0	154.9	157.4	520	591
All individuals...	19,015	9,620	2,060	1,865	81.5	75.5	99.3	85.3	209.8	195.7	793	734

Continued--

Table 1.--Nutritive value of food intake
Average intake per individual in 1 day,[1] spring 1965 and spring 1977 (10)

Sex and age (years)	Iron 1965	Iron 1977	Vitamin A value 1965	Vitamin A value 1977	Thiamin 1965	Thiamin 1977	Riboflavin 1965	Riboflavin 1977	Preformed niacin 1965	Preformed niacin 1977	Vitamin C 1965	Vitamin C 1977
	-----Mg----		-----IU-----		-----Mg----		-----Mg-----		-----Mg-----		----Mg-----	
Males and females:												
Under 1.........	5.9	17.4	4,585	3,511	0.68	0.89	1.73	1.53	5.1	9.3	36	77
1-2.............	6.8	7.9	3,726	3,281	.78	.87	1.67	1.43	8.4	10.1	44	68
3-5.............	8.5	9.5	3,956	3,694	.92	1.06	1.68	1.57	11.3	13.6	50	70
6-8.............	10.[illegible]	11.1	4,485	4,533	1.07	1.30	1.89	1.86	13.8	16.2	56	85
Males:												
9-11............	12.0	13.3	5,213	4,500	1.24	1.52	2.13	2.10	16.4	19.8	69	85
12-14...........	13.8	15.3	5,816	5,429	1.35	1.71	2.35	2.39	18.5	22.0	70	92
15-18...........	16.1	17.1	6,122	5,764	1.60	1.82	2.56	2.57	21.4	24.6	74	112
19-22...........	18.0	16.0	5,328	5,015	1.62	1.56	2.31	2.20	23.3	25.5	80	88
23-34...........	17.7	15.9	7,292	5,278	1.58	1.55	2.24	1.98	25.0	24.1	71	95
35-50...........	16.9	15.8	6,640	5,690	1.42	1.45	2.02	1.88	23.2	23.8	73	86
51-64...........	15.9	15.5	7,768	6,945	1.39	1.47	1.98	1.88	21.4	23.1	72	98
65-74...........	13.6	14.5	5,864	6,834	1.17	1.40	1.71	1.85	17.2	20.9	66	100
75 and over.....	11.7	13.4	4,691	6,693	1.12	1.41	1.45	1.73	15.5	18.7	56	96
Females:												
9-11............	10.3	11.9	5,088	4,225	1.04	1.37	1.89	1.87	13.7	17.6	59	87
12-14...........	11.1	11.6	4,750	4,066	1.11	1.29	1.88	1.81	14.4	17.1	66	81
15-18...........	11.0	11.1	4,956	4,195	1.06	1.19	1.70	1.65	14.7	16.9	60	80
19-22...........	11.4	10.5	5,098	3,796	1.10	1.04	1.58	1.37	15.3	15.0	58	79
23-34...........	11.1	10.7	5,580	4,335	.96	1.02	1.43	1.35	15.4	15.8	54	76
35-50...........	10.9	10.7	5,236	4,264	.94	1.01	1.34	1.27	15.0	16.2	58	79
51-64...........	10.8	11.4	5,411	6,044	.92	1.05	1.36	1.40	14.9	17.2	63	93
65-74...........	9.8	10.6	4,765	6,218	.84	1.07	1.24	1.41	12.9	15.6	56	92
75 and over.....	9.2	10.1	4,393	5,931	.84	1.01	1.19	1.40	12.6	13.8	55	90
All individuals...	12.1	12.7	5,441	5,069	1.12	1.26	1.77	1.71	16.3	18.7	61	87

[1] Based on 1 day of dietary intake.
[2] Excludes breast-fed infants.

Table 2.--Food energy from protein, fat, and carbohydrate
Average per individual in 1 day,[1] spring 1965 and spring 1977 (10)

Sex and age (years)	Individuals 1965	Individuals 1977	Protein 1965	Protein 1977	Fat 1965	Fat 1977	Carbohydrate 1965	Carbohydrate 1977	Other 1965	Other 1977
	---Number---		---Percent---							
Males and females:										
Under 1.........	[2]404	[2]78	16.1	14.8	38.5	35.1	44.3	47.4	1.8	4.1
1-2.............	[2]801	[2]264	16.3	16.1	40.9	37.3	43.6	47.6	.1	.2
3-5.............	1,397	437	15.4	15.6	40.7	37.7	45.0	47.8	.1	.2
6-8.............	1,405	469	15.1	15.6	40.7	37.6	45.3	47.8	.1	.2
Males:										
9-11............	663	216	15.2	15.8	41.1	38.8	44.9	46.1	.1	.3
12-14...........	626	313	15.3	15.5	41.6	39.9	44.0	45.5	.1	.1
15-18...........	725	400	15.6	16.0	42.6	40.6	42.4	44.0	.2	.3
19-22...........	331	287	15.7	16.5	43.1	40.8	41.4	41.0	.4	2.3
23-34...........	1,152	770	16.6	16.2	44.0	41.2	37.6	40.5	2.1	2.7
35-50...........	1,710	784	16.6	17.0	44.0	41.7	38.1	38.9	1.7	2.9
51-64...........	1,074	634	16.6	17.2	44.0	41.9	38.0	39.4	1.9	2.2
65-74...........	450	295	16.5	16.7	42.6	42.0	40.3	42.2	1.3	1.1
75 and over.....	205	127	15.9	16.9	41.7	41.8	42.3	41.7	.7	.7
Females:										
9-11............	597	241	15.2	15.4	40.7	37.4	45.3	48.3	.1	.2
12-14...........	625	309	15.2	15.5	41.3	39.3	44.5	46.0	.1	.2
15-18...........	674	402	15.9	16.1	41.2	39.6	43.7	44.8	.2	.4
19-22...........	[illegible]80	337	16.1	16.8	41.0	41.2	43.2	42.2	.5	.7
23-34...........	1,[illegible]18	949	16.3	17.0	42.0	40.2	41.3	41.6	1.0	2.1
35-50...........	2,072	942	16.9	17.4	42.7	41.3	39.5	40.2	1.3	2.0
51-64...........	1,296	792	17.0	17.5	42.9	41.3	40.0	41.1	.8	1.4
65-74...........	599	377	16.7	16.8	41.4	39.7	42.1	44.2	.6	.6
75 and over.....	311	197	16.4	16.1	41.6	38.4	42.4	46.2	.4	.6
All individuals...	19,015	9,620	16.1	16.6	42.1	40.3	41.7	42.8	.8	1.4

[1] Based on 1 day of dietary intake.
[2] Excludes breast-fed infants.

Table 3-[illegible] Nutrient intake per 1,000 kilocalories
Average per individual in 1 day,[1] spring 1965 and spring 1977 (10)

Sex and age (years)	Individuals		Protein		Fat		Carbohydrate		Calcium	
	1965	1977	1965	1977	1965	1977	1965	1977	1965	1977
	---Number---		----G----		----G----		----G----		----Mg----	
Males and females:										
Under 1.........	[2]404	[2]78	40.2	37.0	42.8	39.0	110.7	118.5	1,123	1,008
1-2.............	[2]801	[2]264	40.8	40.3	45.4	41.4	109.0	118.9	700	633
3-5.............	1,397	437	38.6	38.9	45.2	41.8	112.4	119.6	530	503
6-8.............	1,405	469	37.9	39.0	45.2	41.8	113.2	119.4	492	511
Males:										
9-11............	663	216	37.9	39.4	45.7	43.1	112.1	115.3	468	458
12-14...........	626	313	38.1	38.7	46.2	44.3	110.0	113.7	455	458
15-18...........	725	400	39.1	40.0	47.3	45.1	106.0	110.0	412	440
19-22...........	331	287	39.3	41.2	47.9	45.3	103.6	102.6	333	390
23-34...........	1,152	770	41.5	40.5	48.9	45.7	94.1	101.2	309	347
35-50...........	1,710	784	41.5	42.5	48.9	46.4	95.3	97.3	314	341
51-64...........	1,074	634	41.4	43.1	48.9	46.5	95.0	98.5	301	342
65-74...........	450	295	41.2	41.6	47.4	46.7	100.7	105.5	351	376
75 and over.....	205	127	39.7	42.2	46.4	46.5	105.6	104.3	345	387
Females:										
9-11............	597	241	38.0	38.4	45.2	41.6	113.1	120.7	483	462
12-14...........	625	309	38.0	38.8	45.8	43.7	111.3	114.9	450	459
15-18...........	674	402	39.7	40.2	45.8	44.0	109.2	111.9	409	436
19-22...........	480	337	40.3	41.9	45.5	45.7	108.1	105.6	358	403
23-34...........	1,418	949	40.8	42.6	46.7	44.6	103.2	104.0	335	384
35-50...........	2,072	942	42.3	43.4	47.5	45.9	98.8	100.4	333	353
51-64...........	1,296	792	42.5	43.9	47.7	45.9	99.9	102.7	330	360
65-74...........	599	377	41.8	41.9	46.0	44.2	105.2	110.6	360	406
75 and over.....	311	197	41.0	40.3	46.2	42.6	106.1	115.6	362	443
All individuals...	19,015	9,620	40.3	41.4	46.8	44.7	104.2	106.9	412	409

Continued--

Table 3.--Nutrient intake per 1,000 kilocalories
Average per individual in 1 day,[1] spring 1965 and spring 1977 (10)

Sex and age (years)	Iron		Vitamin A value		Thiamin		Riboflavin		Preformed niacin		Vitamin C	
	1965	1977	1965	1977	1965	1977	1965	1977	1965	1977	1965	1977
	----Mg----		------IU-----		-----Mg----		----Mg-----		----Mg----		---Mg----	
Males and females:												
Under 1.........	6.2	22.1	4,782	4,601	0.72	1.13	1.85	1.96	5.2	11.4	38	101
1-2.............	4.9	7.0	2,778	2,895	.56	.77	1.24	1.25	5.9	8.7	33	65
3-5.............	5.0	6.8	2,312	2,638	.55	.75	1.00	1.11	6.6	9.5	29	50
6-8.............	5.1	6.6	2,239	2,790	.54	.77	.95	1.10	6.8	9.6	28	50
Males:												
9-11............	5.2	6.8	2,307	2,299	.53	.77	.93	1.06	6.9	10.1	30	43
12-14...........	5.3	6.5	2,249	2,395	.52	.74	.90	1.03	7.0	9.6	28	40
15-18...........	5.5	6.5	2,131	2,274	.54	.69	.87	.96	7.2	9.4	26	42
19-22...........	5.9	6.3	1,730	1,934	.53	.62	.75	.86	7.6	9.9	27	35
23-34...........	6.3	6.6	2,648	2,258	.57	.64	.80	.82	8.9	10.0	26	41
35-50...........	6.7	7.0	2,708	2,701	.55	.64	.79	.84	9.3	10.7	31	41
51-64...........	6.7	7.4	3,464	3,438	.58	.69	.85	.91	9.1	11.0	31	49
65-74...........	6.8	7.6	2,989	3,625	.58	.74	.87	.98	8.7	10.9	35	54
75 and over.....	6.3	7.6	2,610	3,833	.59	.81	.79	.98	8.3	10.9	31	54
Females:												
9-11............	5.2	6.6	2,569	2,451	.53	.76	.96	1.04	6.9	9.7	30	49
12-14...........	5.2	6.2	2,283	2,189	.53	.69	.89	.97	6.8	9.1	32	45
15-18...........	5.7	6.3	2,534	2,361	.55	.67	.87	.93	7.5	9.7	33	47
19-22...........	6.0	6.7	2,917	2,426	.57	.65	.85	.88	8.1	9.5	31	52
23-34...........	6.5	6.9	3,277	2,920	.56	.65	.83	.86	9.1	10.3	32	52
35-50...........	6.9	7.6	3,441	3,080	.58	.69	.85	.87	9.7	12.2	38	57
51-64...........	7.0	7.7	3,738	4,120	.59	.71	.88	.94	9.6	11.7	42	67
65-74...........	6.9	7.5	3,348	4,659	.59	.76	.88	1.01	9.1	11.1	41	70
75 and over.....	6.5	7.6	3,184	4,683	.59	.77	.83	1.07	8.8	10.4	38	68
All individuals...	6.1	7.1	2,869	2,966	.56	.70	.91	.95	8.1	10.4	32	51

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[1] Based on 1 day of dietary intake.
[2] Excludes breast-fed infants.

Table 4.--Nutritive value of food intake as percentage of 1980 Recommended Dietary Allowances
Average intake per individual in 1 day,[1] spring 1965 and spring 1977 (10)

Sex and age (years)	Individuals		Food energy		Protein		Calcium		Iron	
	1965	1977	1965	1977	1965	1977	1965	1977	1965	1977
	---Number---		----------Percent----------							
Males and females:										
Under 1.........	[2]404	[2]78	120	100	252	189	233	171	47	147
1-2.............	[2]801	[2]264	117	97	256	210	128	100	46	53
3-5.............	1,397	437	109	92	232	197	110	89	71	79
6-8.............	1,405	469	96	91	237	206	122	108	101	111
Males:										
9-11............	663	216	94	80	232	205	114	97	93	102
12-14...........	626	313	98	87	217	195	99	90	77	85
15-18...........	725	400	107	96	206	190	102	99	90	95
19-22...........	331	287	107	89	217	188	130	123	180	160
23-34...........	1,152	770	106	91	209	175	108	104	177	159
35-50...........	1,710	784	98	86	192	171	99	96	169	158
51-64...........	1,074	634	100	87	176	161	90	88	159	155
65-74...........	450	295	86	82	148	145	87	91	136	145
75 and over.....	205	127	93	88	133	133	77	85	117	134
Females:										
9-11............	597	241	87	80	193	181	100	89	79	92
12-14...........	625	309	98	87	175	159	79	72	62	64
15-18...........	674	402	94	85	168	152	67	64	61	62
19-22...........	480	337	91	76	168	148	80	77	63	58
23-34...........	1,418	949	88	80	157	145	70	72	62	59
35-50...........	2,072	942	83	76	155	144	66	64	61	60
51-64...........	1,296	792	88	83	153	148	65	67	108	114
65-74...........	599	377	82	80	137	137	63	71	98	106
75 and over.....	311	197	92	85	135	123	65	74	92	101
All individuals...	19,015	9,620	96	85	190	165	94	85	99	104

Continued--

Table 4.--Nutritive value of food intake as percentage of 1980 Recommended Dietary Allowances
Average intake per individual in 1 day,[1] spring 1965 and spring 1977 (10)

Sex and age (years)	Vitamin A		Thiamin		Riboflavin		Preformed niacin[3]		Vitamin C	
	1965	1977	1965	1977	1965	1977	1965	1977	1965	1977
	Percent									
Males and females:										
Under 1.........	[2]240	188	177	218	343	302	73	133	103	219
1-2............	169	159	130	145	238	204	93	112	106	162
3-5............	147	152	116	133	186	175	113	136	110	155
6-8............	133	140	97	118	157	155	99	116	124	184
Males:										
9-11...........	113	111	95	117	142	140	96	117	147	176
12-14..........	107	109	96	122	147	149	103	122	137	176
15-18..........	110	115	114	130	150	151	119	137	124	183
19-22..........	104	100	108	104	136	129	122	134	133	140
23-34..........	116	100	113	111	140	124	139	134	118	149
35-50..........	115	109	102	103	126	117	129	132	122	143
51-64..........	120	118	116	122	138	134	134	144	119	164
65-74..........	111	124	97	117	122	132	108	130	108	167
75 and over.....	94	128	93	117	104	124	97	117	94	161
Females:										
9-11...........	123	115	87	114	135	134	86	110	125	186
12-14..........	111	102	101	117	145	139	96	114	129	159
15-18..........	[4]108	[4]105	96	107	129	126	105	120	100	132
19-22..........	[4]104	[4]95	98	93	120	104	108	106	95	129
23-34..........	[4]107	[4]103	94	98	115	109	117	120	89	123
35-50..........	[4]112	[4]104	93	101	109	105	115	124	97	131
51-64..........	115	121	92	105	113	113	114	132	105	155
65-74..........	107	137	84	107	104	117	99	120	94	154
75 and over.....	110	136	84	101	99	117	97	106	92	150
All individuals...	121	116	103	112	142	130	112	126	112	152

[1] Based on 1 day of dietary intake.

[2] Excludes breast-fed infants.

[3] Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.

[4] Values may be one or two percentage points lower than reported because incorrect RDA were used for pregnant and lactating women.

Table 5.--Nutritive contribution of food obtained and eaten away from home
Percentage of nutrient intake per individual in 1 day,[1] spring 1965 and spring 1977 (10)

Sex and age (years)	Iron		Vitamin A		Thiamin		Riboflavin		Preformed niacin		Vitamin C	
	1965	1977	1965	1977	1965	1977	1965	1977	1965	1977	1965	1977
	Percent											
Males and females:												
Under 1..........	0.7	1.5	0.7	2.0	0.7	0.8	0.6	1.1	1.0	1.1	1.1	2.1
1-2..............	4.2	8.7	4.1	7.3	3.8	8.1	4.2	7.8	5.1	9.4	3.1	8.1
3-5..............	5.4	13.1	5.6	10.4	5.4	12.2	5.4	12.2	5.7	13.6	4.7	11.7
6-8..............	10.9	17.0	11.9	17.0	10.3	16.7	12.2	18.7	11.3	17.6	8.8	17.3
Males:												
9-11.............	13.9	18.1	10.2	18.3	9.7	16.8	12.2	18.7	10.6	18.6	8.9	18.0
12-14............	11.8	17.7	12.3	17.3	11.1	17.8	12.8	19.6	11.7	17.3	10.3	16.8
15-18............	15.3	19.0	11.0	16.0	13.8	18.6	16.4	19.7	16.4	19.3	12.3	15.3
19-22............	16.0	22.8	11.8	20.7	14.8	20.6	16.0	21.1	17.6	22.9	12.0	21.9
23-34............	15.3	25.8	11.7	22.0	13.9	24.5	[illegible]5.6	24.7	16.3	26.3	14.4	21.1
35-50............	13.6	21.1	9.8	19.5	12.0	20.2	13.4	21.1	15.0	22.1	9.3	19.1
51-64............	11.6	14.5	11.2	13.8	11.5	13.5	11.1	14.5	12.6	15.1	9.0	11.8
65-74............	5.9	9.7	6.2	8.7	6.0	8.1	5.3	8.2	6.8	10.5	4.3	8.4
75 and over.....	7.0	7.1	6.0	6.6	5.4	5.8	4.8	5.7	8.9	8.1	3.5	6.1
Females:												
9-11.............	12.7	18.3	13.1	16.7	11.5	17.2	14.3	19.3	13.3	18.4	10.4	15.7
12-14............	13.0	17.6	11.3	15.6	12.6	17.5	14.9	18.2	13.8	17.9	10.2	16.0
15-18............	16.5	23.6	11.5	20.7	15.1	21.3	17.6	23.2	16.8	23.5	13.6	19.6
19-22............	16.8	24.6	17.2	22.9	13.6	23.2	16.5	23.5	18.1	24.7	12.1	21.2
23-34............	11.6	23.0	15.2	21.4	9.3	22.3	11.9	21.8	12.2	23.1	10.5	21.0
35-50............	11.1	17.1	7.8	15.9	9.6	16.5	10.4	16.6	12.0	17.1	7.7	15.1
51-64............	9.4	12.2	7.3	11.9	8.7	11.6	8.8	12.0	10.4	12.4	6.8	9.9
65-74............	9.1	10.7	11.4	10.7	8.3	9.5	8.9	10.4	11.0	11.2	7.6	7.1
75 and over.....	6.0	6.8	6.6	6.2	6.0	5.9	5.0	6.7	5.8	7.3	5.1	5.3
All individuals...	11.7	17.6	10.1	16.2	10.7	16.7	11.3	17.3	12.6	18.0	9.0	15.4

---

[1] Based on 1 day of dietary intake.

[2] Number of individuals in 1965 was 19,015 and in 1977 it was 9,620. Excludes breast-fed infants.

Appendix K: Comparison of Nutrient Intakes in Spring 1977 Using 1965 and 1977 Methods

Table 5.--Nutritive contribution of food obtained and eaten away from home
Percentage of nutrient intake per individual in 1 day,[1] spring 1965 and spring 1977 (10)

Sex and age (years)	Individuals eating away[2]		Food energy		Protein		Fat		Carbohydrate		Calcium	
	1965	1977	1965	1977	1965	1977	1965	1977	1965	1977	1965	1977
	--Percent--		--Percent--									
Males and females:												
Under 1.........	3.0	6.4	1.0	1.9	1.0	1.7	1.0	2.1	1.0	1.8	0.8	1.4
1-2.............	20.0	25.0	5.1	9.6	4.7	9.0	5.1	9.7	5.4	9.7	4.1	7.4
3-5.............	23.8	33.4	6.3	14.3	5.7	13.9	6.1	14.4	6.9	14.3	4.9	11.9
6-8.............	42.9	49.7	11.9	19.6	12.2	19.8	11.8	20.2	12.1	19.1	13.1	20.5
Males:												
9-11............	46.2	51.4	11.2	20.2	11.6	19.9	11.0	20.8	11.3	20.1	13.1	20.0
12-14...........	50.6	54.0	13.7	19.7	13.0	19.8	13.2	19.6	14.7	20.1	14.4	22.0
15-18...........	58.2	55.0	17.6	21.2	17.3	20.7	16.4	21.5	19.0	21.4	17.7	20.6
19-22...........	57.1	52.3	17.2	24.3	17.3	23.4	16.0	23.8	18.5	24.3	16.4	20.7
23-34...........	58.3	60.4	17.4	26.6	16.3	25.7	16.1	26.5	18.8	26.7	17.6	24.3
35-50...........	50.6	54.3	14.7	22.0	14.9	21.5	14.1	21.6	14.9	22.3	13.9	20.6
51-64...........	43.6	39.0	12.7	15.2	12.4	15.2	12.3	15.0	13.1	15.3	11.7	14.1
65-74...........	18.0	23.1	6.8	10.5	6.9	10.7	7.0	11.0	6.2	9.8	4.3	7.7
75 and over.....	15.6	16.5	6.8	7.6	8.3	8.2	7.7	8.3	4.8	6.4	3.7	5.7
Females:												
9-11............	48.9	49.4	14.6	20.3	14.9	21.0	14.9	21.7	14.2	19.4	16.0	20.8
12-14...........	55.0	55.3	15.2	19.9	14.9	18.7	14.7	20.0	15.8	20.7	16.3	19.6
15-18...........	53.9	52.2	18.9	25.0	17.7	24.6	18.1	25.3	20.3	25.1	18.7	23.7
19-22...........	45.4	50.1	18.0	25.1	17.3	24.5	17.2	24.5	19.0	25.5	15.5	22.6
23-34...........	35.1	47.5	12.4	23.6	11.7	23.0	12.0	24.1	12.8	22.9	10.8	21.5
35-50...........	32.8	40.6	12.7	18.0	12.4	17.5	12.2	18.3	12.9	17.6	11.1	16.8
51-64...........	28.5	32.8	10.8	13.3	10.1	12.9	10.9	13.9	10.7	12.8	8.5	11.9
65-74...........	18.0	23.1	9.5	11.6	10.2	12.1	10.5	12.4	8.0	10.4	6.8	9.9
75 and over.....	12.2	15.2	6.2	7.4	6.3	8.4	6.7	8.5	5.5	5.9	4.5	6.5
All individuals...	38.8	43.7	12.9	18.8	12.6	18.5	12.6	19.0	13.3	18.6	11.9	17.5

Continued--

The method of data collection used in the NFCS 1977-78 differed slightly from the method used in the 1965 survey. In 1965, no advance notice of the interview was given. Also in 1965, individual intake information was obtained for only 1 day (the preceding day), and the household respondent provided this information for all eligible household members. In 1965, the sample included all household members under 20 and over 64 years of age and one-half of the members 20 through 64 years. Each report for individuals 20 through 64 years was treated as two records in tabulations and data analysis. A form was left to be completed and returned by mail if the household respondent could not supply the information.

In order to assess the impact of these changes, a "bridging" survey was conducted in the spring of 1977 using the 1965 method. Results of a preliminary study (unpublished) of the bridging survey indicated that the change in method had minimal impact on average nutrient intakes based on 1-day recalls, as shown below.

Food energy and nutrients	Bridging survey	Basic survey
Food energy (kcal)............	1,840	1,865
Protein (g)....................	74.9	75.5
Fat (g)........................	82.8	85.3
Carbohydrate (g)..............	195.4	195.7
Calcium (mg)..................	754	734
Iron (mg)......................	12.8	12.7
Magnesium (mg)................	253	248
Phosphorus (mg)...............	1,158	1,159
Vitamin A value (IU)..........	5,127	5,069
Thiamin (mg)..................	1.26	1.26
Riboflavin (mg)...............	1.71	1.71
Preformed niacin (mg).........	18.7	18.7
Vitamin B_6 (mg)...............	1.42	1.44
Vitamin B_{12} (mcg)............	4.74	4.68
Vitamin C (mg)................	89	87

The following data tapes may be ordered from the National Technical Information Service:

Data Set Name	Accession Number	Cost
Spring Basic Household Food Consumption Survey, 1977-78	PB80-190176	$240
Summer Basic Household Food Consumption Survey, 1977-78	PB80-197411	240
Fall Basic Household Food Consumption Survey, 1977-78	PB80-200215	240
Winter Basic Household Food Consumption Survey, 1977-78	PB80-202542	240
Spring Basic Individual Food Intake Survey, 1977-78	PB80-190218	400
Summer Basic Individual Food Intake Survey, 1977-78	PB80-197429	320
Fall Basic Individual Food Intake Survey, 1977-78	PB80-200223	400
Winter Basic Individual Food Intake Survey, 1977-78	PB81-118853	400
Puerto Rico Household Food Consumption Survey, 1977-78	PB82-138454	240
Puerto Rico Individual Food Intake Survey, 1977-78	PB82-138462	320
Alaska Household Food Consumption Survey, 1977-78	PB81-146763	140
Alaska Individual Food Intake Survey, 1977-78	PB81-162539	140
Hawaii Household Food Consumption Survey, 1977-78	PB81-146755	140
Hawaii Individual Food Consumption Survey, 1977-78	PB81-146771	140
Low-Income I, Household Food Consumption Survey, 1977-78	PB81-114399	240
Low-Income I, Individual Food Intake Survey, 1977-78	PB81-118838	465
Low-Income II, Household Food Consumption Survey, 1979-80	PB82-138470	240
Low-Income II, Individual Food Intake Survey, 1979-80	PB82-138488	240
Spring Individual Food Intake, 1965	PB80-195415	240
Elderly Household Food Consumption Survey, 1977-78	PB83-137281	140
Elderly Individual Food Intake Survey, 1977-78	PB83-134023	140

The data made available to the public from the Consumer Nutrition Division is distributed through the National Technical Information Service (NTIS) at: U.S. Department of Commerce, National Technical Information Service, 5285 Port Royal Road, Springfield, VA 22161. To reduce the probability of getting the wrong data set, requests should refer to the Accession Number.

How to Pay

The deposit account, which carries no service charge and enables customers to order rapidly by telephone or telegraph, is the most convenient to use. Thus, the fastest service is provided to customers who charge to their deposit accounts.

American Express, VISA, and Master Card credit cards are accepted as well as check and money order payments.

As an occasional convenience to customers who have established credit, a Ship and Bill Service is provided at a $5 surcharge on each total order for documents, regardless of the number of documents ordered.

How to Open a Deposit Account

Use the order form on page 435 and send at least $300 to NTIS Deposit Account, 5285 Port Royal Road, Springfield, VA 22161. Thereafter, keep at least $100 on deposit or enough to cover two months' charges. You may deposit any amount. Some active customers keep several thousand dollars in their accounts to ensure the fastest possible service for large orders, since orders will not be processed for overdrawn accounts.

When your account is opened, you will receive preaddressed order forms that will speed your orders, simplify accounting, and help record tax-deductible expenses.

Special NTIS Credit for Local Governments and State Universities

No advance funds are necessary for local governments and State universities to obtain credit and immediate shipments of NTIS products and services.

Upon receipt of the special credit account application, NTIS will mail a supply of preaddressed order forms bearing a special account number. These forms also will show a "Ship To" address if one is required. Subsequently, orders from these sources will be processed directly into the NTIS automated system, eliminating several steps in normal order handling and minimizing errors.

Monthly statements will show all charges, credits, deposits, and the balance remaining in the account. The charges may easily be verified from the Record of Shipment Cards included with every shipment. The local government's or the library's signed payment voucher (which we will keep on hand) will be mailed with each statement. Payment is due upon receipt of the voucher.

Officials need not be concerned with special funding, delays, and price changes.

The charge for this service is 10 cents a line item.

Ordering

RUSH HANDLING is for customers who must have immediate delivery.

RUSH HANDLING guarantees that a particular order will be filled within 8 working hours of its receipt. These orders receive immediate validation, verification of availability, individual hand processing through inventory control at the warehouse, and priority mailing.

RUSH HANDLING orders for mailing rather than pickup are accepted only from customers having NTIS deposit accounts or American Express Cards. Further, these orders may be placed only by telephone, telegram, telex, telecopier, or by customers in person. These orders cannot be placed by mail.

RUSH HANDLING for delivery to customers by priority mail costs $10 for each item ordered, plus the cost of the item.

RUSH HANDLING for pickup in Springfield or Washington, D.C., costs $6 for each item ordered, plus the cost of the item.

PREMIUM SERVICE is a 24-hour toll-free telephone ordering procedure ensuring priority mail delivery to NTIS deposit account customers within 5 to 12 days.

All deposit account customers will receive PREMIUM SERVICE identification numbers that they may use to place telephone orders at any time. PREMIUM SERVICE benefits are toll-free calls with 24-hour availability (no busy signals) simplified ordering techniques (details with the identification number), postage savings, and priority delivery. PREMIUM SERVICE costs $3.50 for each item ordered, plus the cost of the item.

REGULAR SERVICE will continue to operate with improved processing and stocking methods, optional priority mail delivery (slight additional cost), and optional pickup in Springfield or Washington, D.C. Currently, parcel post deliveries using the U.S. Postal Service are completed within 9 to 30 days.

The order processing and sales desk number is 703-487-4650. Call if you have any questions.

- -

NTIS DEPOSIT ACCOUNT APPLICATION

Mail to:
NTIS
U.S. Department of Commerce
National Technical Information Service
5285 Port Royal Road
Springfield, VA 22161

Initial Deposit____________________

Date Mailed____________________

Date Acceptance Received__________

Deposit Account Service Application

Please open a deposit account in my name. Here is my check for $______ payable to NTIS ($300 minimum initial deposit).

Name____

Title____

Organization________________________________

Street______________________________________

City____________________State______ZIP________

Date__________Signature______________________

814

MAIL ORDER TO:

NTIS®

National Technical Information Service
U.S. DEPARTMENT OF COMMERCE
Springfield, Va. 22161
(703) 487-4650 TELEX 89-9405

For DTIC Users Only
DTIC User Code ____________
Contract Number ____________
(last 6 characters only)

Treasury Agency Location Code
For Government Users
(who report on SF-224)
(8 digit)
☐☐ ☐☐ ☐☐☐☐

Date ____________

PURCHASER: Telephone: ____________

Name ____________

Organization ____________

Address ____________

City, State, ZIP ____________

Attention: ____________

SHIP TO:
(Enter if different from address at left)

Name ____________

Organization ____________

Address ____________

City, State, ZIP ____________

METHOD OF PAYMENT

☐ Charge my NTIS deposit account no. ____________
☐ Purchase order no. ____________
☐ Check enclosed for $ ____________
☐ Charge to my: American Express ☐ Visa ☐ MasterCard ☐

Account no. ____________

Card expiration date ____________

Signature ____________
(Required to validate order)

☐ Send me an application for an NTIS Deposit Account (NTIS-PR-33)

ORDERING MAGNETIC TAPE:
(check mode)

☐ 7 track ☐ 556bpi ☐ odd parity
☐ 800bpi ☐ even parity

☐ 9 track ☐ 800bpi (odd parity)
☐ 1600bpi
☐ 6250bpi

NTIS ORDER NUMBER	USER ROUTING CODE†	QUANTITY			UNIT PRICE††	PRIORITY MAIL SERVICES†††	TOTAL PRICE
		Magnetic Tape	Paper Copy	Micro-fiche			

† NTIS can label each item for routing within your organization. If you want this service, put your routing codes in this box (Limit 8 characters).

†† ALL PRICES SUBJECT TO CHANGE

††† Priority Mail Services—FOR PAPER COPY ORDERS ONLY Add $3 per item for First Class Delivery in North America: Add $4 per item for Airmail Delivery outside North America.

Enter Grand Total	$

DAY 1

		ANSWER FOR EACH ITEM			IF "NO" (CODE 3) TO Q.7 -- FOLLOW INSTRUCTIONS ON FLAP				
		Q.7			Q.8	Q.9	Q.10	Q.11	
		(36) Home Supply			(37,38)	(39)	(40)	(41-45) IF "YES" TO Q.10	
(17-32) DO NOT WRITE IN THIS SPACE	(33-35)	Yes Eaten at Home	Yes Eaten Away	No	Where Obtained	Kind of Service	Did You Pay?	Amount Paid?	END CD 1 3
	101	1	2	3					
	102	1	2	3					
	103	1	2	3					
	104	1	2	3					
	105	1	2	3					
	106	1	2	3					
	107	1	2	3					
	108	1	2	3					
	109	1	2	3					
	110	1	2	3					
	111	1	2	3					
	112	1	2	3					
	113	1	2	3					
	114	1	2	3					
	115	1	2	3					
	116	1	2	3					
	117	1	2	3					
	118	1	2	3					
	119	1	2	3					
	120	1	2	3					
	121	1	2	3					
	122	1	2	3					
	123	1	2	3					
	124	1	2	3					

CONTINUE WITH QUESTIONS →

ANSWER ONCE FOR EACH OCCASION					FOOD/DRINK CONSUMED: ONE ITEM PER LINE		
Q.1			Q.2	Q.3	Q.4	Q.5	Q.6
CD 1 3 When? {10-13}	{14}		{15}	{16}			
Time	A M	P M	Usually Called	With Whom	Name of Food/Drink	Complete Description	Amount Actually Consumed
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					

		ANSWER FOR EACH ITEM			IF "NO" (CODE 3) TO Q.7 -- FOLLOW INSTRUCTIONS ON FLAP				
		Q.7			Q.8	Q.9	Q.10	Q.11	
		(36) Home Supply			(37,38)	(39)	(40)	(41-45) IF "YES" TO Q.10	END CD 1 3
(17-32) DO NOT WRITE IN THIS SPACE	(33-35)	Yes Eaten at Home	Yes Eaten Away	No	Where Obtained	Kind of Service	Did You Pay?	Amount Paid?	
	201	1	2	3					
	202	1	2	3					
	203	1	2	3					
	204	1	2	3					
	205	1	2	3					
	206	1	2	3					
	207	1	2	3					
	208	1	2	3					
	209	1	2	3					
	210	1	2	3					
	211	1	2	3					
	212	1	2	3					
	213	1	2	3					
	214	1	2	3					
	215	1	2	3					
	216	1	2	3					
	217	1	2	3					
	218	1	2	3					
	219	1	2	3					
	220	1	2	3					
	221	1	2	3					
	222	1	2	3					
	223	1	2	3					
	224	1	2	3					

CONTINUE WITH QUESTIONS →

FOR EACH ITEM LISTED:

7. Was this from your home food supply? Home food supply includes food brought into the home, or taken from the home and eaten elsewhere. (CIRCLE A CODE IN COL. Q.7)

   1 Yes, and eaten at home
   2 Yes, but eaten away from home
   3 No, obtained and eaten elsewhere

- IF NO ITEMS IN Q.7 ARE CODE 3, YOU HAVE COMPLETED THE ENTRY FOR THIS OCCASION
- IF ANY ITEMS IN Q.7 ARE CODE 3, CONTINUE WITH Q'S 8-11

8. Where did you get this food/beverage which was not from home food supplies? (ENTER A NUMBER IN COL. Q.8)

   1 Restaurant
   2 Fast food place
   3 Other public eating place
   4 Dining room or cafeteria at work
   5 Other place at work
   7 Day care center
   8 Summer day camp
   9 Community feeding program for senior citizens
   10 Grocery or other food store
   11 Drugstore or other store
   12 At someone else's home (DO NOT ANSWER Q'S 9-11)
   13 Other (EXPLAIN IN COL. Q.8)
   14 School - complete plate meal (lunch or breakfast)
   15 School - individually purchased foods (a la carte)

9. What kind of service was used to deliver the food/beverage you had at this time? (ENTER ONLY ONE NUMBER IN COL. Q.9. IF A COMBINATION, ENTER THE MAIN NUMBER)

   1 Served at a table (waiter/waitress)
   2 Counter service
   3 Cafeteria or buffet style (include fast food eaten on premises)
   4 Vending machine
   5 Carry out
   6 Car service
   7 Other

10. Did you or any member of your household pay for any of the food or beverage you had? (ENTER A NUMBER IN COL. Q.10)

   1 Yes -- ANSWER Q.11
   2 No -- DO NOT ANSWER Q.11

11. How much did you or the household member pay? Include tax and tip, if any. (ENTER AMOUNT IN COL. Q.11)

RECORD TOTAL COST OF ALL FOOD/BEVERAGES NOT FROM HOME FOOD SUPPLY FOR THAT OCCASION. IF EASIER, RECORD SEPARATE COST OF EACH ITEM NOT FROM HOME FOOD SUPPLY.

Segment #: ________________
Housing Unit #: ________________
Person (line)#: ________________ {8,9}
Interviewer #: ________________

________________ {1-5} ID

CD 1 3 {6,7}

Study #: 1-700
OMB NO.: 40-S76023
Expires: 6/30/78

Basic	1
E.	2
Brdg.	3
P.R.	4
A.	5
H.	6

FOR INTERVIEWER'S USE ONLY

CD 1 4 {6,7}

{8,9}
Time Started: ________ {10-13}

{14}

AM	1
PM	2

Time Ended: ________ {15-18}

{19}

AM	1
PM	2

This record is for ______________________
FIRST NAME

SECTION V

1977-78 Nationwide Food Consumption Survey
United States Department of Agriculture

Food and Beverage Individual Intake Record

DAY ONE

DAY ONE is from 12 A.M. to 11:59 P.M. on ________ DAY ________/________ MONTH {20,21} DATE {22,23}

Your cooperation is entirely voluntary. The information you supply will be used to estimate types and amounts of foods and beverages consumed by people like yourself. Results will be used to help insure an adequate and safe food supply for all. Information supplied by you will appear as statistics. It will, in no way, be connected to you or your household. This survey is authorized by law (7 U.S.C. 10).

CD 1 4

ANSWER FOR DAY 1

12. Did you drink any water on this day (other than in coffee, fruitade, etc.)? (CIRCLE ONE NUMBER)

{24}

Yes	1
No	2

If yes, about how many cups?

NUMBER OF: ____ cups (8 fl. oz.)
{25,26}

13. Did you chew any gum on this day? (CIRCLE ONE NUMBER)

{27}

Yes	1
No	2

If yes, about how many sticks or pieces?

NUMBER OF: ______ sticks or pieces
{28,29}

14. Did you consume any cough drops on this day? (CIRCLE ONE NUMBER)

{30}

Yes	1
No	2

If yes, how many pieces?

NUMBER OF: ______ cough drops
{31,32}

15. Was your food/drink consumption on this day typical of what you usually eat/drink on this day of week (Sunday, Monday, etc)? (CIRCLE ONE NUMBER)

{33}

Yes	1
No	2

If no, why is it different? (CIRCLE ONE NUMBER)

{34}

Ill	1
Short of cash	2
Traveling	3
Social occasion	4
Holiday	5
Not enough time to eat	6
Other reason: (EXPLAIN)	7

16. Did anyone help you keep this record? (CIRCLE ONE NUMBER)

{35}

Yes	1
No	2

If yes, who helped? (CIRCLE ONE OR MORE NUMBERS)

{36}

Interviewer	1
Household member, first name ________	2
Non-household member	3

17. What was the month, day, and year of your birth?

_____ / _____ / _____
MONTH {37,38} DAY {39,40} YEAR {41,42}

18. What is your height?

______ FEET {43} ______ INCHES {44,45}

19. What is your weight?

______ POUNDS
{46-48}

20. Are you on a special diet? (CIRCLE ONE NUMBER)

{49}

Yes	1
No	2

If yes, how would you describe it? (CIRCLE ONE NUMBER)

{50}

Doctor prescribed what I should or should not eat	1
Group diet program such as Weight Watchers or Tops	2
Diet I read or heard about elsewhere	3
Other (PLEASE DESCRIBE)	4

21. Do you take any vitamin, mineral, or other supplement by mouth (such as tablets, capsules, oil)? (CIRCLE ONE NUMBER)

{51}

No	1
Yes, regularly	2
Yes, irregularly	3

If yes, circle the number following each supplement taken:

Multiple vitamins	1	{52}
Multiple minerals	2	
Multiple vitamins and minerals	3	
Vitamin A	4	
Vitamin C	5	
Vitamin D	6	
Vitamin E	7	
B vitamins/B-complex	8	
Iron	9	
Calcium	0	
Zinc	1	{53}
Fluoride	2	
Other (Which?)	3	

22. Have you eaten any of the following in the past 30 days? (CIRCLE THE NUMBER OR THE ASTERISK (*) AFTER EACH FOOD. IF YOUR ANSWER IS "YES", PLEASE INDICATE HOW MANY TIMES IN THE PAST 30 DAYS YOU HAVE EATEN THAT KIND OF FOOD)

	{54} Yes	No	# of Times
Liver: Beef or calf's	1	*	55,56
Liver: Chicken	2	*	57,58
Liver: Pork	3	*	59,60
Kidney: Beef, lamb or veal	4	*	61,62
Heart: Beef or calf's	5	*	63,64
Sweetbreads	6	*	65,66
Brains	7	*	67,68
Other organ meats (Which?)	8	*	69,70

23. Are you a vegetarian? (CIRCLE ONE NUMBER)

{71}

Yes	1
No	2

If yes, indicate which of the following foods you eat: (CIRCLE ONE OR MORE NUMBERS)

{72}

Poultry	1
Fish	2
Eggs	3
Dairy products	4
Fruits	5
Nuts	6
Dried beans or peas	7
Vegetables	8
Cereal or grain products	9
Vegetable-based meat substitute	0

24. These are some things that might affect what a person eats and drinks. Indicate which ones, if any, pertain to you. (CIRCLE A NUMBER FOR EACH ONE WHICH APPLIES)

{73}

I'm on a diet to lose weight	1
I'm on a diet to put weight on	2
I have a chewing problem because of teeth	3
I have a medical problem like diabetes or allergy	4
Some foods do not agree with me	5
I don't feel like eating breakfast early in the morning	6
I have no interest in cooking for one person	7
I do not like certain foods	8
Other (EXPLAIN) ______________________________	9
FOR OFFICE USE ONLY	0

25. As of now, how would you describe your health? (CIRCLE ONE NUMBER)

{74}

Excellent	1
Good	2
Fair	3
Poor	4

26. Do you have any disability or handicap that limits your activities? (CIRCLE ONE NUMBER)

{75}

Yes	1
No	2

{76}

{77}

{78}

{79}

{80}

END CD 1 4

Appendix I: Physical Characteristics of Individuals

Appendix H: Factors Associated With Dietary Intakes

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in the proportion of individuals eating away from home. In 1977, about 6 percent more of the intakes of energy and of 9 of the 10 nutrients (all except preformed niacin) came from away-from-home food than in 1965. In 1977, 19 percent of the food energy and energy-yielding nutrients was obtained away from home, compared to 13 percent in 1965. Of the calcium and iron intakes, 18 percent in 1977 and 12 percent in 1965 came from food obtained and eaten away from home. Fifteen to 18 percent of intakes of the five vitamins studied was obtained from away-from-home food in 1977, compared to 9 to 13 percent in 1965. However, substantial variations occurred among intakes of the sex-age groups in each of the two surveys as shown in table 5.

Appendix M: Food and Beverage Individual Intake Record, NFCS 1977-78

(inside back cover)

DAILY INTAKE RECORD

- ANSWER QUESTIONS 1-3 ONCE FOR EACH EATING/DRINKING OCCASION
- ANSWER QUESTIONS 4-6
- ANSWER QUESTION 7 FOR EACH ITEM LISTED
- ANSWER QUESTIONS 8-11 AS APPLICABLE
- DRAW A LINE ACROSS BOTH PAGES TO SEPARATE ONE EATING/DRINKING OCCASION FROM THE OTHER
- ANSWER QUESTIONS 12-16 AT THE END OF EACH DAY

Start with the first time you ate or drank something on this day (after 12:00 A.M., midnight)...

1. At about what time did you begin eating/drinking this? (ENTER HOUR AND CIRCLE THE CODE FOR EITHER A.M. OR P.M. IN COL. Q.1)

2. What do you usually call this? (ENTER A NUMBER IN COL. Q.2)

   1 Breakfast
   2 Brunch
   3 Lunch
   4 Dinner
   5 Supper
   6 Coffee (beverage) break
   7 Snack
   8 Other (EXPLAIN IN COL. Q.2)

3. With whom did you eat/drink this? (ENTER A NUMBER IN COL. Q.3)

   1 Alone
   2 With other household member(s)
   3 With non-household member(s)
   4 With both household member(s) and non-household member(s)

4. What did you eat or drink on this occasion? (ENTER ONE ITEM TO A LINE IN COL. Q.4. FOR EXAMPLE, "BREAD AND BUTTER" WILL TAKE UP TWO LINES)

5. Describe this item further. (ENTER IN COL. Q.5.)

6. How much did you actually eat or drink? (ENTER AMOUNT IN COL. Q.6.)

COMPLETE Q'S 4-6 FOR THIS OCCASION AND THEN CONTINUE WITH Q.7 ON NEXT PAGE →

ANSWER ONCE FOR EACH OCCASION					FOOD/DRINK CONSUMED: ONE ITEM PER LINE		
Q.1			Q.2	Q.3	Q.4	Q.5	Q.6
CD 1 3 When? (10-13)	(14)		(15)	(16)			
Time	A M	P M	Usually Called	With Whom	Name of Food/Drink	Complete Description	Amount Actually Consumed
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
	1	2					
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	1	2					
	1	2					
	1	2					
	1	2					
	1	2					

Appendix L: Data Sets for USDA Food Consumption Surveys Available From NTIS

Appendix J: Comparison of Nutrient Intakes in Spring 1965 and in Spring 1977